

Lesson 17: Your Goals

Lesson Objectives:

- Students will identify goal setting techniques.
- Student will use the learned techniques to set personal goals.
- Students will create a plan to accomplish two of the goals they set.

We are always setting goals in our lives. New Year's resolutions are goals, as is planning on buying a new car or passing a course. Click here for more information on goal setting: <http://www.mindtools.com/page6.html>.

But once you set the goals, how do you make them happen? It's easy to say that you want a new car or a job, but how do you go about getting from point A to point B?

Grading Rubric:

To get a 10: Goals are clearly identified in Exercise 1. For Exercise 2, the steps for each goal are clearly written and planned out in detail. You can have no grammatical or structural errors, within the first revision. Sentences must be clear and focused; all lesson requirements have been met.

To get a 9: Goals are clearly identified in Exercise 1. For Exercise 2, the steps for each goal are clearly written and planned out in detail. You can have 2 or fewer minor grammatical errors (spelling, punctuation, capitalization, wrong word, etc.) or you can have 1 structural error (run-on sentences, sentence fragments, etc.). Sentences must be clear and focused; all lesson requirements have been met.

To get an 8: Goals are clearly identified in Exercise 1. For Exercise 2, the steps for each goal are clearly written and planned out in detail. You can have 3 or fewer minor grammatical errors (spelling, punctuation, capitalization, wrong word, etc.) or you can have 2 structural errors (run-on sentences, sentence fragments, etc.). Sentences must be clear and focused; all lesson requirements have been met.

To get a 7: Goals are clearly identified in Exercise 1. For Exercise 2, the steps for each goal are planned. You can have 4 minor grammatical errors (spelling, punctuation, capitalization, wrong word, etc.) or you can have 2 structural errors (run-on sentences, sentence fragments, etc.). Sentences must be clear and focused; all lesson requirements have been met.

To get a 6: Goals are clearly identified in Exercise 1. For Exercise 2, the steps for each goal lack clarity and planning. You can have 5 minor grammatical errors (spelling, punctuation, capitalization, wrong word, etc.) or you can have 3 structural errors (run-on

sentences, sentence fragments, etc). Sentences must be clear and focused; all lesson requirements have been met.

To get a 5: Plagiarism - purposely or mistaken which will lower your final grade for the course (so be very careful when posting your work!); lack of effort, disrespect, or attitude (we are here to communicate with you if you don't understand something); or 6 or more errors of any kind. Goals appear haphazard and thrown together, as opposed to well-thought out. Sentences and steps lack clarity and focus; lesson requirements have not been met.

Also be aware that you will have a chance to revise your work. More than 2 revisions will result in a lower grade. So read the directions carefully and make sure you meet the requirements.

Assignment:

Exercise 1:

What are your goals? List **at least 3** goals for **each** time period. You should have 9 goals total.

For the next year:

For the next five years:

For the next ten years:

Exercise 2:

Review the following resources:

- [Smart Goal Setting Sheet](#)
- [The Most Effective Goal-Setting Plan You'll Ever Find.](#)

Using the list of goals you plan to set for the next year, figure out how you plan to accomplish them. For instance, if you plan to get a job, you need to figure out what kind of job you want, where you want to work, etc. Therefore you'll have to do research, complete schooling or training, prepare a resume, prepare for the interview, etc. You also need to create steps and a timeline to complete a schedule to accomplish your goals.

Pick 2 goals from exercise 1.

List the first goal, then your plan (include a to-do list with time schedule) for completing it. Underneath, list the second goal, and your plan to complete it. Use the format below to help you create steps, a timeline, and ultimately a process that leads to the end result - your goal!

Goal #1:		
Steps to Accomplish My Goal (To Do List)	Date Step Needs to be Completed By	Has Step Been Completed?
Step 1:		
Step 2:		
Step 3:		
Add extra steps if you need them.		