**Transition from 8th to 9th**

**Preparing Students for High School**

**Lesson Plan 4**

**GOALS**

**Description:**

Students will develop an understanding of different types of goals and will develop a process for establishing personal and career goals.

**Objectives:** Students will be able to

* Define goals
* Know the difference between: short-term goals, mid-term goals, long-term goals
* Determine what makes a realistic and measurable goal
* Understand how to set and track goals

**Instructional Time:** 45 mins.

**Preparation/Instructional Materials:**

* White board/dry erase markers/eraser
* Projector
* Instructor Guide: Goal Definitions
* Handout: Goal Definitions (student version)
* Handout: Ten Characteristics of Effective Goals
* Handout: Goal Setting Activity Chart
* Handout: (3) Short-term, Mid-term, Long-Term Strategies Activity Chart
* Handout: Are You Ready for High School? Quiz
* Josue’s Story
* pencils
* Treats, rewards

**Spring Board Activity: 5-10 Mins.**

* ***Group Discussion*:** Ask Students Following questions (write answers on board)
	+ Ask students: What is the definition of a goal?
		- ***Answer:*** The object of a person’s ambition or effort; an aim or desired result
	+ Ask students: How do you create goals that make changes in your life?
	+ Ask Students: if they know of anyone famous that has successfully used self-control in some form of their life in order to accomplish their goals.
* **Successful People Video**

**Core Activities:**

1. Handout: Goal Definitions (for students)
	1. Discuss the different types of goals – Use Instructor: *Goal Definitions,* Powerpoint
2. Handout: Ten Characteristics of Effective Goals
	1. Divide the students by table. Each table picks their top 3 goal charateristics.
	2. Each table will share 1 of their top 3 goal characteristics
3. Use the projector and display Josue’s Story (or print and use as a handout)
	1. Divide students into 8 groups.
	2. Students will read the story and fill out the bottom.
	3. Discuss the story and the importance of evaluating and adjusting your goals
4. Handout: Goal Setting Activity Chart
	1. Give students a sometime to fill out form
	2. If time: Ask some students to share their goals
5. Handout: Strategies Activity Chart for Short, Mid, & Long-Term Goals
	1. If time give students opportunity to work on in class
	2. Send home with students to work on with their families. If students bring back all 3 charts completed. They will get a treat and be entered into a drawing for a $10 I-tunes Gift Card.

WAIT!!!!

1. Handout: Are You Ready for High School? Quiz
	1. Ask kids to share answers
	2. Collect quizzes and compare with quizzes taken at the beginning of Lesson 1

**Goal Definitions** (Students)

**Goal:** the object of a person’s ambition or effort; an aim or desired result

**Short-Term Goals:**

**Mid-Term Goals:**

**Long-Term Goals:**

**Strategy:**

Your strategies should be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* **Realistic:**
* **Measurable:**
* **Evaluate:**