8/29/16

Agenda

- 1. Turn in signed syllabus form and student info sheet
- 2. Learning target overview
- 3. SMART Goals presentation and guided notes
- 4. SMART Goals activity

— Goal-Setting for the School Year ——

What does it mean to set goals?

- What is a goal?
- Have you ever set goals?
- In what types of situations do we set goals?

What makes a good goal?

- What makes a goal good?
- What makes a goal bad?
- How can we make sure we are setting good goals?

- What are SMART goals?
- How can we use SMART goals to be successful?



Measurable

Attainable

enough to be accomplished? How so?

Make sure the goal is below standard

Relevant

Is the goal worthwhile

with other goals you

Timely

Your objective should include a time limit. "I will complete this step by month/day/year."

When

It will establish a sense of urgency and prompt you to have better time management.

Specific

- The goal is as clear and defined as possible (no ambiguous language)
- Tells the who, what, when, where, why and how of the goal
 - Who is involved?
 - What do I want to accomplish?
 - Where will it be done?
 - Why am I doing this?
- Examples of verbage

Measurable

- The goal must be able to be measured or tracked
- Can you track the progress and measure the outcome?
- How much? How many? How will I know when my goal is accomplished?
- Quantifiable
- Verbage?

Attainable

- The goal should be something you could actually accomplish
- Is the goal possible?
- Is the goal reasonable enough to be achieved?
- Make sure the goal pushes you, but is not so difficult that you have no shot
- Verbage?

Relevant

- Your goal should be worthwhile
- Will the goal meet your needs?
- Is your goal consistent with other goals that you have set?
- Does your goal fit with your long-term and short-term plans?
- Verbage?

Timely

- Your goal should include a time limit
- Your goal should include a month and year
- This will provide a sense of urgency and help with time management
- Verbage?

• Examples?



Specific

Who, What, Where, When, Why, Which

Define the goal as much as possible with no ambiguous language.

WHO is involved, WHAT do I want to accomplish, WHERE will it be done, WHY am I doing this (reasons, purpose), WHICH constraints / requirements do I have?



Measurable

From and To

Can you track the progress and measure the outcome?

How much, how many, how will I know when my goal is accomplished?



Attainable

Is the goal reasonable enough to be accomplished? How so?

Make sure the goal is not out of reach or below standard performance.



Relevant

Is the goal worthwhile and will it meet your needs?

Is each goal consistent with other goals you have established and fits with your immediate and long term plans?



When

Your objective should include a time limit. "I will complete this step by month/day/year."

It will establish a sense of urgency and prompt you to have better time management.

- Activity
 - Set two SMART Goals for English class this year
 - Write your two goals in the top two boxes
 - In the boxes below, explain how each goals fits the SMART goal qualities (How is it specific? How is it measurable? etc)
 - Due to the drawer by the end of class!