

# SMART Goals

Go For Your Goals, Module 5





● ● ● **What is happening in the image below?**





# AGENDA



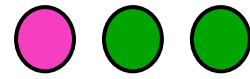
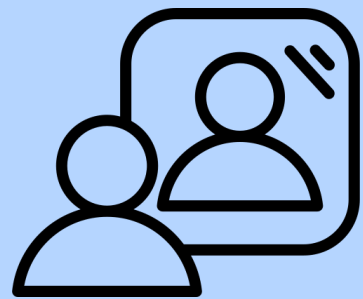
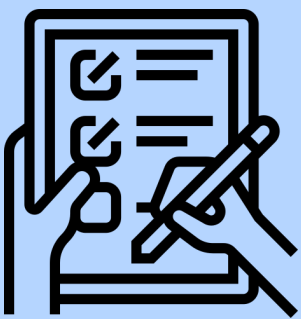
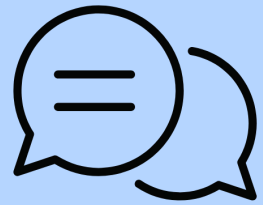
1. Brainstorm what are the habits that help achieve goals, using Sean Covey's Book *7 Habits of Highly Effective Teens*.



2. Independently, brainstorm goals you would like to achieve before graduation and create an action plan to achieve your goals.



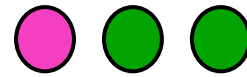
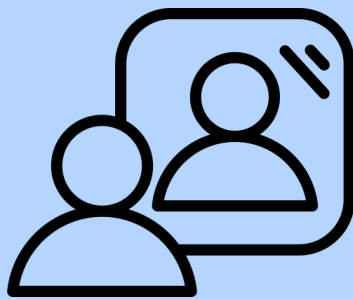
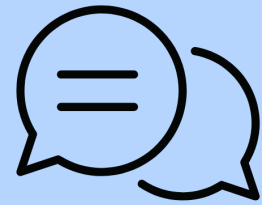
3. Reflect: What strategies work best for the personal goal you set for yourself?



# BRAINSTORM



What do you think the seven strategies outlined in Sean Covey's Book *7 Habits of Highly Effective Teens* are?

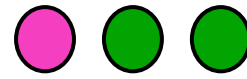
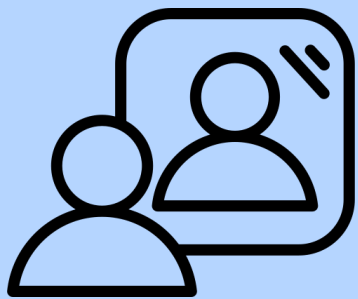
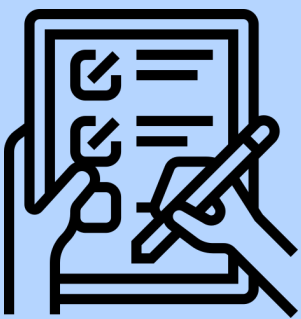
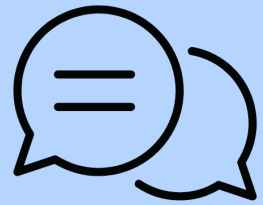


# DISCUSS



## What do the 7 habits of highly effective teens mean?

1. Be Proactive
  - a. Those who are proactive take matters into their own hands and are go-getters!
2. Begin with the End in Mind
  - a. Teens who are effective, set their goals with a clear picture of what their end goal will look like and what steps they need to accomplish to get to that end result.
3. Put first things first
  - a. Once we have decided on a goal, stay the course and follow the steps in order to accomplish the goal.
4. Think win-win
  - a. Win-win situations allow both parties to gain something in a relationship that is mutually beneficial.
5. Seek first to understand, then to be understood
  - a. This habit highlights the importance of listening and putting oneself in another's shoes. To work well with others and to understand, we must first understand where one is coming from.
6. Synergy
  - a. Synergy is allowing different perspectives and working styles to create new possibilities and alternatives. This helps others working in the group feel valued and recognized.
7. Sharpen the Saw
  - a. Sharpening the Saw is a metaphor that refers to taking care of yourself both physically and mentally. The only way to perform at your best is to start by feeling your best!



# DIVE IN



A goal is smart if it is:

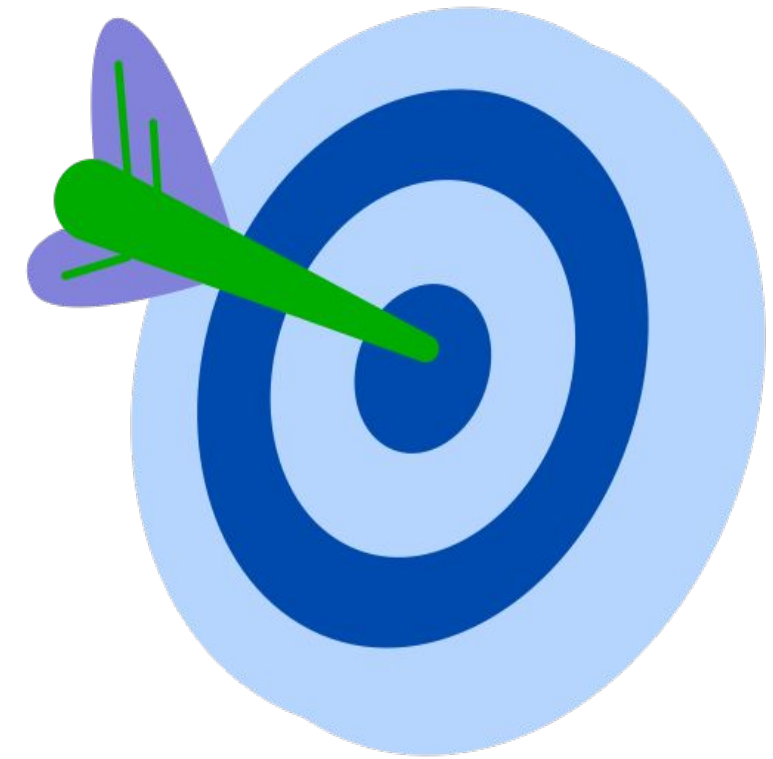
S - Specific

M - Measurable

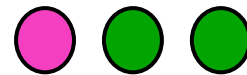
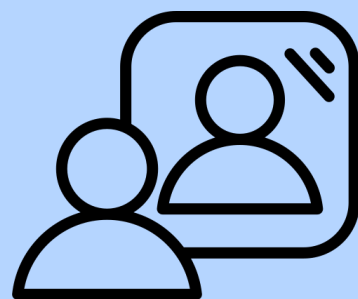
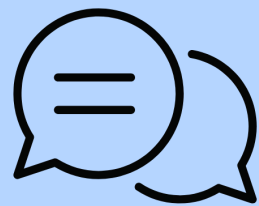
A - Attainable

R - Relevant

T - Timely







# ACTIVITY #1



Working independently, brainstorm 1-3 goals you want to reach before the end of the school year using the criteria learned from SMART.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## SMART Goals, Part 1

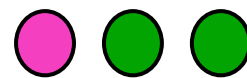
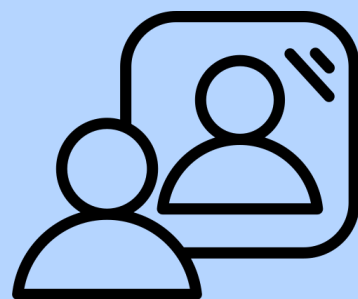
Is your goal SMART?

Word	Definition	Essential Questions
Specific	Goal should be focused and clear	What exactly do I want to achieve? Why?
Measurable	Method for measuring progress towards the goal	How will I track my progress? How will I know when I reached my goal?
Attainable	Goal is realistic	What steps can I take to reach my goal? Are they do-able?
Relevant	Goal has personal importance	Why is this goal important to me? How will it help me?
Timely	Goal has an end date	When do I want to reach my goal? What will I do when I achieve my goal?

List 3 goals you want to achieve by the time you graduate from high school. Make sure it's a SMART goal!

- 1.
- 2.
- 3.

**Reflect:** Describe ways in which you have worked to achieve a goal in the past. What was the goal? What did you do to reach the goal?



# ACTIVITY #2



## Independent Work

Document the steps to help achieve one of your selected goals.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

### SMART Goals, Part 1

#### Is your goal SMART?

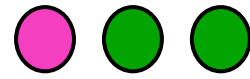
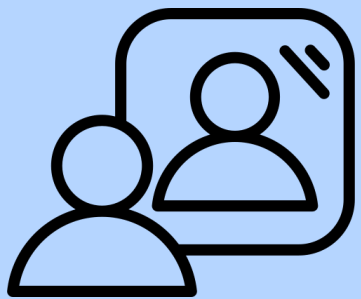
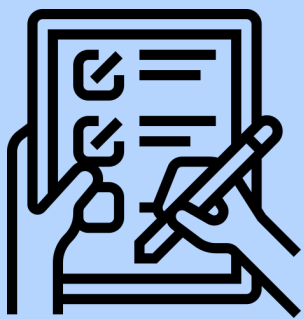
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# REFLECT



- Describe ways in which you have worked to achieve a goal in the past.
- What was the goal?
- What did you do to reach the goal?
- What is the first step you will take to achieve the goal you set for yourself?



# Extend & Enrich

## Extend and Enrich

Encouraging students to journal about their goals on a regular basis and partnering them with a peer may help them become more likely to reach their goals. To learn more, check out the Edutopia article *A Framework for Student Goal Setting* by Maurice Elias at: <https://www.edutopia.org/article/framework-student-goal-setting>.



# Home Connection



High School

## Home Connection

### SMART Goals

Dear \_\_\_\_\_,

Today in class, we learned about setting personal goals using the SMART technique. SMART stands for Specific, Measurable, Attainable, Relevant, and Timely. When you have SMART goals, you're more likely to reach them.

Please encourage your student to share their goals with family members to help them stay on track.

Please do not hesitate to reach out with any questions or concerns.

Best,

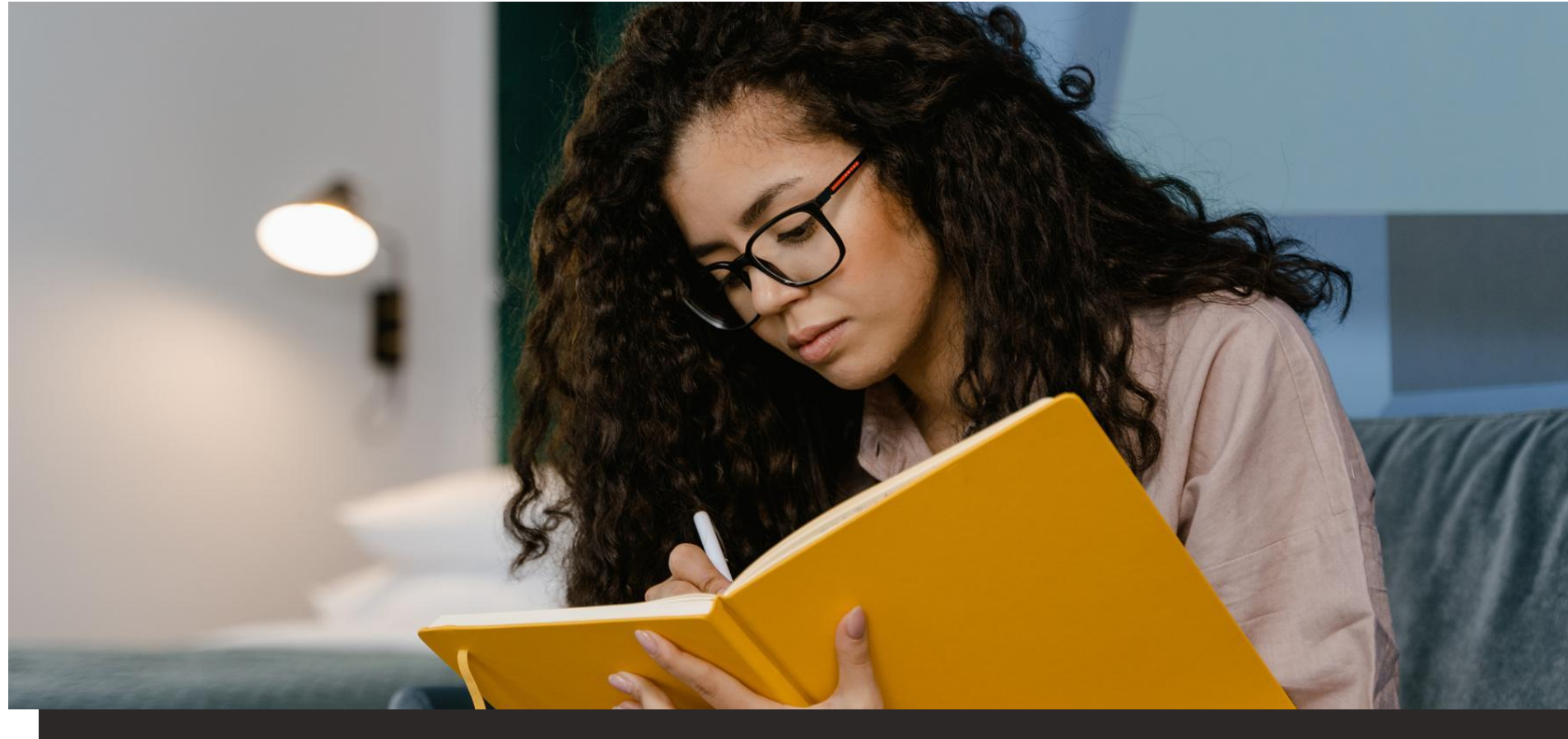
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## Professional Development



Take 5 minutes to consider 1-3 SMART goals that you'd like to accomplish  
Are there ways you can integrate goal setting into other parts of your classroom instruction?.





# Further Study

## For Further Study:

- Colorado Initiative: *Grades 9-12 Goal Setting*:  
[www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-9-12-model.pdf](http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-9-12-model.pdf)
- Positive Psychology: *Goal Setting for Students*:  
[positivepsychology.com/goal-setting-students-kids/](http://positivepsychology.com/goal-setting-students-kids/)
- TNTP: *A Radical Act of Teacher Development*:  
<https://tntp.org/blog/post/a-radical-act-of-teacher-development>







**Lesson Complete!**

