

Grades 7 & 8 Workshop: Goal Setting

Lesson Plan

Component	Learning Objectives	Content	Format	Suggested Resources	Time
1. Introduction	<ul style="list-style-type: none"> Understand purpose of session 	<ul style="list-style-type: none"> Facilitator introduces themselves Facilitator sets context of session Student introduction Q&A 	<ul style="list-style-type: none"> Introduction of facilitator and workshop objectives (5 mins) 		5 mins
2. Goal Setting introduction	<ul style="list-style-type: none"> Understand personal goals (wants and desires) Obtain agreement on importance of goal setting Understand how goals can be achieved Understand how to set S.M.A.R.T. goals 	<ul style="list-style-type: none"> What are goals? Some examples? Why is it important to set goals? What do you want to achieve? Go over example of a S.M.A.R.T. goal (i.e. saving for post-secondary education) How can goals be achieved? How can goals be turned into outcomes? What are S.M.A.R.T. goals? Writing S.M.A.R.T. goals - interactive examples. 	<ul style="list-style-type: none"> Class discussion (5 mins) Class demonstration (10 mins) 	<ul style="list-style-type: none"> 1 Flip-chart (per group of students) 1 piece of paper/student Marker Pencils/pens 	15 mins
3. Learning to set S.M.A.R.T. goals	<ul style="list-style-type: none"> Demonstrate importance of S.M.A.R.T. goals 	<ul style="list-style-type: none"> Group exercise - place goals under four categories: sports, family/friends, school/future, activities/health and fitness 	<ul style="list-style-type: none"> Group work (10 mins) Class take-up / debrief (10 mins) 	<ul style="list-style-type: none"> 1 Flip-chart (per group of students) Markers 1 piece of paper/student Pencils/pens 	20 mins
4. My Goal worksheet	<ul style="list-style-type: none"> Allow student opportunity to set and share individual goals. 	<ul style="list-style-type: none"> Overview of "S.M.A.R.T. Goal Snapshot" worksheet Complete "S.M.A.R.T. Goal Snapshot" worksheet Share worksheet 	<ul style="list-style-type: none"> Individual work (5 mins) Class take-up / debrief (5 mins) 	<ul style="list-style-type: none"> Pencils/pens 	10 mins
5. Closing	<ul style="list-style-type: none"> Reinforce lessons learned 	<ul style="list-style-type: none"> What did you learn? 	<ul style="list-style-type: none"> Q&A - Interactive (10 mins) 		10 mins
					60 mins