



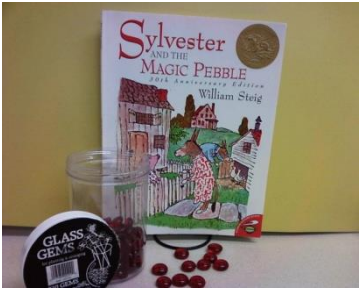







# Lessons & Links




## Goal Setting & Decisions

	<p><b>Objective</b> Develop a plan to achieve personal goals and make decisions</p>
	<p><b>Visuals</b> Poem: Star Light, Star Bright. " Star light, star bright First star I see tonight, I wish I may, I wish I might, Have this wish I wish tonight."</p>
	<p><b>Materials</b> Glass bead at craft shop, scissors, glue stick, markers, colored paper, camera</p>
	<p><b>Books</b></p>  <p>Sylvester and The Magic Pebble by William Steig. IDEA: (see photo) Purchase red glass beads at craft shop, give one to each student and say, "Be careful what you wish for."</p>
	<p><b>Website</b></p>
	<p><b>PowerPoint</b> <a href="#">Setting Goals for Teens, Values &amp; Goals ppt</a></p>
	<p><b>Videos</b></p>
	<p><b>Handouts</b></p>
	<p><b>Worksheets</b> <a href="#">Rate Your Week</a>, <a href="#">My Journey to Happiness</a>, <a href="#">Gratitude</a>, <a href="#">Life Plan</a>, <a href="#">Making Decisions</a>, <a href="#">Matching Resources</a>, <a href="#">Personal Goals</a>, <a href="#">Personal Values Grid</a>, <a href="#">Goal Setting Puzzle</a>, <a href="#">Problem Solving</a>, <a href="#">What Do You Really Want</a>, <a href="#">Wish List</a>, <a href="#">Word Sort Goal Setting</a>, <a href="#">Word Sort Values Matter</a>, <a href="#">Quiz Goal Setting &amp; Decision Making</a></p>

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## Goal Setting & Decisions

### Instructional Procedure

	<p><b>Activate Prior Knowledge</b></p> <p>Activate Prior Knowledge teaching strategy: Wordsort handout: (scissors, colored paper, markers, glue sticks) Students will cut apart terms, sort them into categories, glue to blank paper, write the category above each. See the Answer Key for the list of possible categories. Teacher can offer these categories if students are unable to see any connections on their own. Students can pair and share to learn peer ideas.</p>
	<p><b>Discussion</b></p>
	<p><b>Lesson</b></p> <ol style="list-style-type: none"> <li>1. Students brainstorm personal goals the students have achieved. Ask students how a person achieves goals. Complete the worksheet, <a href="#">Personal Values Grid</a> to determine goals accomplished and values used.</li> <li>2. Coding text strategy - Distribute copies of the following articles: Students place post-its on <a href="#">Research</a> or <a href="#">Tip for goal setting</a>. <a href="#">The SMARTER Way to Goal Setting in 2014</a></li> <li>3. Read the story, Sylvester and The Magic Pebble by William Steig. What is the moral of the story? IDEA: Purchase glass beads at craft shop, give one to each student and say, "Be careful what you wish for."</li> <li>4. Worksheet: Learn how to set a more specific goal by re-phrasing what you really want. After the story and discussion students will complete the worksheet, What Do You Want?</li> <li>5. Discuss the difference between the following then complete the worksheet, Personal Goals. <ul style="list-style-type: none"> <li>• Long-term goal = in a year or more</li> </ul> </li> </ol>



# Lessons & Links

## Goal Setting & Decisions

- Short-term goal = between one and several months
- Immediate Goals = in a day or week

### **Objective: Apply problem-solving process to personal, family and work problems for the well-being of self and others.**

1. Discuss choices students made in the past week. Define the types of decisions below. Complete the worksheet, *Making Decision*. Pair & Share.
  - Habitual = Automatic decisions requiring little thought, ie., getting up with alarm or brushing teeth
  - Daily = Decisions about daily activities ie., what to wear to school
  - Life = Decisions affecting values and goals ie., postponing college until money is available
2. As a pre-reading activity, arrange the sequence of decision making by referring to the Wordsort activity. Students will try to identify the words in the steps and organize in the correct order. Pair and share. Come back to this at end of lesson to put in correct order.
3. Discuss resources students could use to solve problems/make decision. Discuss resources students would use to plan a party for a five year old? Get a job? Complete the worksheet, *Matching Resources*.
  - Human = Resources you can find in yourself or others
  - Material = Resources you own or can borrow
  - Community = Resources located in your town
4. Students will solve the problem, "*What should I do about finishing high school.*" by completing the worksheet, *Problem Solving*.







### **Hands-on Activities**

Take photo of students in cap & gown holding sign "This is where I'm going." Discuss how it feels to wear cap and gown and think about graduating someday. Take photos on student's phone and give them the option of tweeting or sending to friends with a comment.



# Lessons & Links

## Goal Setting & Decisions

	<b>Writing Prompt</b>
	<b>Apps</b>
	<b>Pinterest</b>
	<b>Assessment</b> Students solve the crossword puzzle, <a href="#">Setting Goals and Making Decisions</a> . Or <a href="#">Quiz Goal Setting Decision Making</a>