

S.M.A.R.T. GOAL SETTING AND ACTION PLANS

Grade: 6th-8th

Month: January

Topic: Goal Setting

Time: 50-60 minutes

Lesson Focus:

Creating SMART goals and outlining the action steps that lead to students' goal achievement.

Learning Objectives:

Students will learn about SMART goal making.

Students will write down a goal they wish to accomplish that fits within SMART goal making parameters.

Students will create action steps for achieving their goal.

Materials Needed:

- SMART Goal Worksheet
- "Reach for the Stars!" Goal Setting Worksheet
- Writing utensil

Procedure: (60 minutes total)

Handout the S.M.A.R.T. Goal Planning Worksheet-**2 minutes**

Explain:

Go over each of the letters within S.M.A.R.T. and an example of what that would look like (example/model material provided)

As you explain, have students begin filling in the blanks with their own S.M.A.R.T. examples on their worksheets -**10 minutes**

Brainstorm:

Give students an extra 8 minutes to fill in their worksheet-**8 minutes**

Pair and Share:

Students will turn to their neighbor and share their S.M.A.R.T. goal. Allow time for peer feedback -**5 minutes**

Regroup:

Ask for a volunteer to share their S.M.A.R.T. goal or reiterate the importance of creating a specific, measurable, actionable, realistic, and timely goal. -**5 minutes**

Expand:

Hand out the "Reach for the Stars!" worksheet -**2 minutes**

Have students write down their S.M.A.R.T. goal as their "Big Goal"

Students will then get 10 minutes to brainstorm mini-action goals that can help them achieve their Big Goal. They will use their S.M.A.R.T. Goal Worksheet for reference.-**10 minutes**

Pair and Share:

Students will share their mini-goals with their neighbor. Allow time for peer feedback.-**5 minutes**

Brainstorm:

Have students think about the necessary action steps needed to meet their mini-goal. Have them use the S.M.A.R.T. Goal worksheet for reference. They will also be filling in tentative deadlines.-**10 minutes**

Pair and Share (Final Step):

They will turn to their neighbors to share their goals and mini-goals. Allow time for peer feedback. -**3 minutes**

Extension:

Ask for volunteers to share their Goal and Action Steps.



Name: _____

S.M.A.R.T. Goals

S- _____

Definition: _____

Example(s): _____

M- _____

Definition: _____

Example(s): _____

A- _____

Definition: _____

Example(s): _____

R- _____

Definition: _____

Example(s): _____

T- _____

Definition: _____

Example(s): _____



Name: _____ Example _____

S.M.A.R.T. Goals

S

— Specific

Definition: The goal is clear and defined. It isn't too general or vague.

Example(s): _____

M

— Measurable

Definition: The goal is something in which progress can be measured.

Example(s): _____

A

— Achievable

Definition: Your goal can be broken down into smaller goals and/or can be outlined with an action plan.

Example(s): _____

R

— Realistic/Relevant

Definition: Your goal is relevant meaning that it is IMPORTANT TO YOU! It is also realistic to achieve.

Example(s): _____

T

— Timely

Definition: Is your goal achievable on a realistic timeline?

Example(s): _____



Name: _____

"Reach for the Stars!": Goal Setting

Big Goal: _____

Mini-goal:

Action Steps: Due Date:

- _____
- _____
- _____

Mini-goal:

Action Steps: Due Date:

- _____
- _____
- _____

Mini-goal:

Action Steps: Due Date:

- _____
- _____
- _____

