

Academic Career Planning High School Lesson Plan

Goal Setting

October

Title: High School Goal Setting

Wisconsin Standards for School Counseling

Content Standard I: Students will employ career management strategies to achieve future career success and satisfaction.

- o Standard I2: Apply decision-making skills to career planning and development.
- o Standard I5: Access and use current and accurate career information in career planning.

Time: 25-30 Minutes

Learning objectives

- Students will learn to identify career goals and action plans to goal setting

Introduction

Goal Setting is important in the development of personal and career achievements. It is important to set goals to give a clear understanding of where you see yourself in the future.

Activity

- Ask Students to close their eyes and visualize their life 5 years from now. Don't think about just your career, think about your lifestyle and other aspects of your personal lives.

Ask the following questions while students visualize:

- o Who will you be?
- o What will you be doing?
- o Where will you be?
- o "Encourage the students to think of obstacles that might get in the way"
- Show video on goal setting.
 - o (link on Juda School website under School Counselor > High School ACP Activities)
- Have the students fill out the **SMART**<https://www.youtube.com/watch?v=d6o5PyJM3bYRT> **Goals Worksheet**
 - o Attached
- Have students share if they would like

SMART Goal Worksheet

Name: _____

Date: _____

Grade: _____

Goals Need To Be...

Specific: Make sure your goals are clear and easy to understand

Measurable: Make sure that each goal you set is measurable

Attainable: Make sure your goals are realistic

Relevant: Make sure that your goals are closely connected and appropriate to what you are seeking.

Time Bound: Time frame in which you want your goal to be completed.

Who?

What?

When?

Where?

Why?