

Tip of the Week - Setting Weekly Goals

How to start: Introduce the idea of goal setting to the class at one time. Provide students with examples of practical goals that are positive, short term for the week/month, and focus on a specific behavior. The goal may be academic or social emotional.

“Simple” examples to start from:

- ☐ I will participate in some way at least ____ times a class period.
- ☐ I will complete ____ amount of homework assignments this week.
- ☐ I will come for support time _____ this week.
- ☐ I will complete my retake for ____ during ____.

For the first couple of weeks, let the learner choose their goals. Then, if they are not making significant progress, just tell them what their goal should be. “You need to work on _____, so let’s make your goal to _____.” **Make sure you have one as a teacher too and share it with the students.**

How to monitor: Have the students write them down on a sticky note and attach it to their computer, on a shared class document, someplace prominent to the student. Remember, it does not have to be anything fancy or extremely formal. Weave reminders and check-ins on goals --- waiting for class to start, transitioning to small groups, one-one-one check ins, etc.

Reporting progress: At the end of the week, make sure everyone reports progress toward individual goals. If their goal was met, GREAT! Set a new goal. If the goal was not met, set the goal again for the next week. CELEBRATE SUCCESS!!! Talk about persistence and the feelings of achievement. A child may have the same target for several weeks and that is okay.

[CLICK HERE FOR SAMPLE GOAL SETTING SHEET!!](#) But remember, it DOES NOT have to be anything fancy.