

Goal-Setting & Motivation

Description

During this lesson, students will learn about and apply the concept of SMART goals. To aid in achieving their SMART goals, students will explore the concepts of intrinsic versus extrinsic motivation, and reflect on the factors that best motivate them.

Learning Outcomes

Learners will be able to:

- Articulate the components of a SMART goal.
- Create a personal SMART goal that can be achieved during the spring semester.
- Describe the difference between extrinsic and intrinsic motivation.

Connection to Intended Course Outcomes/Class Objectives

- Self-efficacy – Your belief in your ability to achieve your goals
- Self-awareness – Your understanding of your personal strengths, learning styles, learning habits, and thinking patterns
- Sense of purpose – Development or strengthening of long-term goals and understanding of how to get there; ability to make connections between what you're learning and your future goals.

Preparation

- Make a copy of the SMART goals worksheet for each student.
- Cue up the Intrinsic vs. Extrinsic motivation video: <https://www.youtube.com/watch?v=mbQOP1fJPic>
- Cue up the Kid President Pep Talk video: <https://youtu.be/l-gQLqv9f4o>

Materials

- SMART goals worksheet – 1 per student

Overview of Time (Total time: 50 minutes)

- o Icebreaker of your choice (5 minutes)
- o Introduce SMART Goals (9 minutes)
- o SMART Goals Worksheet and Discussion (13 minutes)
- o Introduce Motivation & Group Brainstorming (8 minutes)
- o Intrinsic vs. Extrinsic Motivation (8 minutes)
- o Kid President Video (4 minutes)
- o Closing & Announcements (3 minutes)

Facilitator Instructions

- Text in regular font are talking points and should be read out loud to students.
- Text in *italics* are notes for the instructor and should NOT be read out loud to students.
- Text in **bold** are questions for debrief or reflection and should be read out loud to students to encourage group discussion or sharing of ideas.

Icebreaker of Your Choice: 5 minutes

SMART Goals: 9 minutes

Talking Points 2 minutes	<ul style="list-style-type: none"> • This week, we are going to be talking about goal-setting. • Now, throughout both semesters of Hullabaloo U, we have talked about all kinds of goals, from well-being to academic to longer range career goals. But we haven't really talked about a specific strategy for setting goals to increase the likelihood that you actually are able to accomplish them. • To get us started, I want you to take one minute and write down a goal you have this semester. You won't turn this in, so any sheet of scratch paper you have is fine. • <i>After one minute:</i> Now that you have your goal written down, today we are going to be talking specifically about SMART goals. Has anyone heard or used SMART goals before? If yes, Great! What can you share with us about SMART goals? • Yes! SMART is an acronym for those goals that are Specific, Measurable, Attainable, Relevant, and Time-bound.
Activity 3 minutes	<ul style="list-style-type: none"> • Everyone, please stand up as you are able. • We are going to talk through each component of a SMART goal and I want you to think about that goal you wrote down a few minutes ago, and determine just how "SMART" is. • I'm going to describe each component of a SMART goal. If your goal, as you wrote it, reflects that component, stay standing. If it doesn't go ahead and sit down. • Are there any questions before we get started? • First, a SMART goal is specific. It describes what you want to accomplish with as much detail as possible. • Next, a SMART goal is measurable. It describes your goal in terms that can be clearly evaluated. • Next, a SMART goal is attainable. It is a goal you are actually capable of achieving, with the necessary skills and resources. • Next up, a SMART goal is relevant. It should align with your broader goals and have results that are important. • Finally, a SMART goal is Time-Bound. It clearly specifies a completion date or time-frame for accomplishing the goal.
Debrief 3 minutes	<ul style="list-style-type: none"> • <i>If anyone is still standing, ask them to read their goal as it was written and give them a round of applause if they did indeed have all of the components of a smart goal.</i> • <i>Most likely, no one will be standing. I see that everyone (else) had to sit down at some point during that exercise. What did you need to add to your goal to remain standing?</i>
Transition 30 seconds	<ul style="list-style-type: none"> • To give you another chance at writing smart goals, we have a handout we will pass around to help.

SMART Goals Worksheet – 13 minutes

Talking Points 30 seconds	<ul style="list-style-type: none"> • <i>Instructor should hand out the SMART Goal worksheet.</i> • This worksheet is a guide for SMART Goal setting. Answer the prompts for each section of SMART. • If you find that you cannot answer one of the prompts, you may need to reevaluate your goal.
Activity 7 minutes Materials: <ul style="list-style-type: none"> • 1 SMART goals worksheet per student 	<ul style="list-style-type: none"> • Are there any questions before we get started? • <i>Give the class about 7 minutes to complete the worksheet</i>
Debrief 5 minutes	<ul style="list-style-type: none"> • In addition to writing SMART goals, another way to increase the likelihood that you will accomplish the goal is to tell someone else your goal. It increases your commitment and provides accountability, so we are going to give you the chance to do that. • Pair up with a neighbor on each side and take about 5 minutes to talk about your goals. Help each other make sure each goal reflects all of the components of a SMART goal. Provide feedback, make suggestions, or give encouragement. • <i>Make sure everyone has a pair, then let them talk for about 5 minutes before moving on.</i> • Does anyone want to share one of their SMART goals with the whole class?
Transition 30 seconds	<ul style="list-style-type: none"> • Thanks for all of the great conversation around goal-setting.

Motivation Brainstorming – 8 minutes	
Talking Points 30 seconds	<ul style="list-style-type: none"> • Setting good goals is one thing, but motivation is required to actually see them through. • We are going to spend the rest of our class today talking about motivation.
Activity 4 minutes	<ul style="list-style-type: none"> • To get us thinking about motivation, we are going to start with some small group brainstorming. • <i>Divide the class into groups of 4-5.</i> • In your small groups, I want you to write down on a piece of paper as many things as you can think of that motivate college students. You have 3 minutes. • Are there any questions before we get started? • <i>Give the groups about 3 minutes to create their lists.</i>
Debrief 3 minutes	<ul style="list-style-type: none"> • Ok, let's see what you came up with. Which group would like to share first? • <i>Have each group share their lists.</i>
Transition 30 seconds	<ul style="list-style-type: none"> • You all came up with lots of motivating factors! • Let's explore motivation a bit more.

Intrinsic vs. Extrinsic Motivation – 8 minutes

Talking Points 30 seconds	<ul style="list-style-type: none">• All types of motivation can be divided into two categories—intrinsic and extrinsic.• To learn more about the two categories, we have a short video to watch.
Activity 3 minutes, 18 seconds Materials: Watch video	<ul style="list-style-type: none">• Watch video □ https://www.youtube.com/watch?v=mbQOP1fJPic
Debrief 4 minutes	Following the video, lead a group discussion with the whole class: <ul style="list-style-type: none">• What motivates you the most?• Do you think one is more valid than the other? Why or why not?• How can you boost your own intrinsic motivation?
Transition 30 seconds	<ul style="list-style-type: none">• Y'all I love all these ideas. We are going to close class hearing from Kid President.

Inspirational Words from Kid President – 4 minutes

Talking Points 30 seconds	<ul style="list-style-type: none">• To close our class today and as you go forth to further reflect on these ideas of goal-setting and motivation, we want to share a few inspirational words with you, courtesy of the one and only, Kid President.
Activity 3 minutes, 28 seconds	<ul style="list-style-type: none">• Watch video □ https://youtu.be/l-gQLqv9f4o

Closing & Announcements: 3 minutes