


RESOURCES FOR SCHOOLS, TEACHERS AND ADVISERS

			
RESOURCE TITLES	GOAL SETTING (30 MINUTES) See separate INFO sheet for the 60-minute session		
RESOURCE SUMMARY	This session helps students to understand why having goals and aspirations is important. Students will learn how to set goals and plan stepping stones towards these goals.		
THEME	WELL	LAST UPDATED	April 2024
TARGET YEAR GROUP	Years 9, 10, 11, 12, 13		
MIN. NUMBER OF LEARNERS	5	MAX. NUMBER OF LEARNERS	30
LENGTH OF SESSION	30 minutes	VENUE LAYOUT	Cabaret
WORKSHOP/RESOURCE OBJECTIVES	Enable learners to: <ul style="list-style-type: none"> • understand why having goals and aspirations is important • learn how to set goals and decide on your aspirations • understand how to create stepping stones to reach your aspirations 		

RESOURCES INCLUDED	<ul style="list-style-type: none"> • PP01_Goal setting_30 – presentation • PP02_Goal setting_60 - presentation
AV / OTHER RESOURCES REQUIRED?	<ul style="list-style-type: none"> • Access to a computer with presenting capabilities

Time	Activity
2 mins	Introduction (Slides 1, 2, 3) Run through objectives Run through definitions of a goal (can ask class for their definitions beforehand).
1 min	Why are goals so important? (Slide 4) Goals can help us work towards something, they can give us structure, which is important to keep us motivated.
5 mins	Intro activity (Slide 5)

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	<p>Firstly, look at what goals are. THINK BIG</p> <p>On a piece of paper write down EVERYTHING you want to achieve. If failure, wasn't a thing, there were no if's, but or maybes, no financial or time implications. Examples, stop eating chocolate, run 5k, pass my next maths test, save for a new pair of trainers. Share with group if time.</p>
10 mins	<p>Main activity (Slides 6,7,8)</p> <p>Run through SMART goals</p> <ul style="list-style-type: none"> • Specific • Measurable • Attainable • Relevant • Time-Bound <p>[Slide 7]</p> <p>Give examples of goals that aren't SMART. For example "do more revision" is a really good goal. But is it SMART?</p> <p>Ask the class to compare "do more revision" against the SMART framework. It is not specific, could include increasing your time studying by any amount of time, and doesn't specify what subject you will study. Let's turn this into a SMART goal. (Click to reveal) "Revise for 30 minutes a day for the next month to get a higher mark on my next maths test" Compare new and improved goal to SMART framework with class.</p> <p>[Slide 8]</p> <p>Explain task: pick out a couple of goals from the first sheet that could be made SMART. Then we will break this goal down to make it SMART and create stepping stones. They can also take another non-SMART goal and change it so it is now SMART If your goal was to be an engineer, you might want to make your goal SMART by saying you want to achieve a 7 in your next maths test.</p>
8 mins	<p>Activity (Slide 9)</p> <p>Now let's think about why! Every goal needs a reason behind it so that you can be motivated to achieve it. Write down why it is important to you. Who is going to help you? Let people know what you are trying to achieve, then they can support you.</p>

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	<p>What might get in your way?</p> <p>Set a deadline.</p>
5 mins	<p>Wrap up activity</p> <p>Some top tips!</p> <p>A 'don't do' goal is harder to achieve, put a positive spin on it! So instead of 'don't fail my next maths test' 'get a 7 in my next maths test'</p> <p>Being able to see your goal in a visual way helps to motivate and reminds you of what you are trying to achieve.</p> <p>WRITE YOUR GOAL DOWN.</p> <p>On your sheet create a visual of your goal. Example: a drawing of you getting a 7 in your maths test.</p> <p>*If you finish early, get students to make the rest of their goals SMART</p> <p>Or make a mood board.</p>

TIPS FOR SUCCESS	<ul style="list-style-type: none"> For slide 4, the presenter can include personal examples here. E.g. During lockdown, doing yoga every day in January gave me structure and consistency. This goal actually helped my physical and mental health so I became even more motivated to do it every day. it wasn't easy trying to fit it in every day, but I was very proud of myself when I did.
FURTHER RESOURCES	<ul style="list-style-type: none"> See the 60 minute version