

QUESTIONS ABOUT GOALS

STANDARDS

- Standard 1: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.
- Standard 2: Students will complete school with the academic preparation essential to choose from a wide variety of substantial postsecondary options, including college.
- Standard 3: Students will understand the relationship of academics to the world of work, to life at home and in the community.

MATERIALS

- ♦ Handout A-19: Questions About Goals

ACTIVITY

Initiate a discussion with your students about setting goals. Ask the class the five questions about goals listed below.

1. Why do we set goals?
 - We have a clear idea of where we are going when we set goals.
 - Setting goals helps us take control of our lives.
2. How do I identify my goals?
 - Be honest about what is most important to you.
 - Be realistic about what you can accomplish. Don't underestimate your abilities.
3. What is the difference between long-range goals and short-range goals?
 - Long-range goals can take weeks, months, or years to achieve. Examples: finishing high school, earning a college degree, learning a job.
 - Short-range goals are ones you want to achieve soon—today, or within one week. Examples: finishing tonight's homework, painting your room.
4. What does attitude have to do with goals?
 - As you think about your goals, concentrate on them, and look for ways to accomplish them. Your positive attitude will help you make positive progress.
5. Is it okay to ask for help?
 - Absolutely! It is good to talk about your goals. Others can be very helpful and supportive.

Divide your class into small groups and ask them to come up with group answers to the same questions. Summarize the discussion with a clarification of why having goals and working with goals are useful and helpful to people in general and to students in particular.

Distribute a copy of Handout A-19 to each of the students for their future reference.

ESTIMATED TIME

30 minutes

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