



Personal Goals

Grade Level: Foundational
 Lesson Plan Timeframe: 1-2 days
 Topic: Goal setting
 State: ID
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Chapter/School: Middleton High School

Overview & Purpose Students will determine the difference in short and long term goals. They will identify the aspects that makeup a good goal. They will set goals for themselves.	FCCLA National Program(s) Power of One STAR Events
Programs of Study Teen Living Adult Living	

Lesson Plan Goals & Objectives (Specify skills/information that will be learned.)	Students will be able to differentiate between short and long term goals. Students will identify the aspects of a good goal. Students will demonstrate an understanding of goals by setting a goal for themselves.
Materials Needed	<ul style="list-style-type: none"> • Paper • Pencil • Computer with Internet
Introduction of Subject Anticipatory set (Give and/or demonstrate necessary information)	Ask how many students set goals on a regular basis. Discuss

<p>Activity 1 (Describe the independent activity to reinforce this lesson)</p>	<p>Provide information for students on short term and long term goals. Discuss</p> <p>Identify what makes a goal good. SMART goals discussion - http://www.topachievement.com/smart.html</p> <p>Specific Measurable Attainable Realistic Timely</p>
<p>Activity 2 (Describe the independent activity to reinforce this lesson)</p>	<p>Have students use the information they know about SMART goals to set a goal for themselves that they can complete in the next two weeks. Have them use the FCCLA Planning process and journal their action steps.</p>
<p>Assessment</p>	<p>Class discussion Student goals Planning process sheets journals</p>
<p>Summary/Evaluation (Assign Homework, or Reflect on the Outcomes)</p>	<p>Complete the follow up portion of the planning process</p>
<p>Other Resources</p>	<p>http://www.goal-setting-guide.com/goal-setting-tutorials/smart-goal-setting</p>
<p>Additional Notes</p>	<p>Can turn the goal into a STAR Event project</p>
<p>Source (If Applicable : cite any published or copyrighted materials used in this lesson plan)</p>	<p>National Spotlight Project</p>

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