

Lesson Plan - (classroom guidance)

Topic: setting goals

Title: "GRAYT GOALS FOR GRAY STUDENTS"

For: 6th grade students

Time needed: 1 class period (about 45 min.)

Materials needed: Poster board, Markers, "GRAYT" Poster, Individual goals handouts, Pencil/pen for students.

Goals:

1. Students will learn how to set goals.
2. Students will establish and maintain a set of measurable and attainable goals for the school year.
3. Students will demonstrate ability to identify areas of strength and weakness that will lead to future success in their academic career.

Objectives:

1. Students will work with and implement the use of goals into their academic planning.
2. Students will recognize the importance of setting attainable, specific, and measurable academic goals to guide their academic careers.

Activity:

1. Students will begin by talking about what they think goals are and how they apply to life.
2. The group will come up with a working definition of the word "goal" which will be written on the poster paper for everyone to see.
3. Students will discuss goals that they may have right now
4. Students will then be introduced to the acronym "GRAYT" to help them set their goals.
5. Students will share examples of good goals and bad goals, identifying why a goal fits the description of a good or bad example.
6. Students will take time to fill out a goals worksheet.
7. Students will have opportunity to share goals with the group at large if they wish to.

Evaluation:

- ✓ Students will be completing an individual goal sheet and through discussion of their examples, it will be evident that they information on how to form an appropriate goal was learned.

ASCA Standard:

Academic Standard A: Students will acquire the attitudes, knowledge, and the skills contributing to effective learning in school and across the lifespan.

Resources:

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GOALS, GOALS, GOALS



Directions: Circle yes or no after the following questions.

Is it a good idea to set goals? Yes or No

If you don't accomplish all of your goals, does that make you a failure?
Yes or No

Have you ever set an unrealistic goal? Yes or No

Is a wish the same thing as a goal? Yes or No

Is it better to set a lower goal than to risk failure by setting a higher one?
Yes or No



Now lets take a minute to discuss our thoughts with the group!!!

Directions: Fill in answers to the following questions. Be honest with yourself 😊

Strengths I have at school:

Weaknesses I have at school:

1. Define a goal you would like to achieve this year at school.
(Remember it has to be a “GRAYT”goal😊)
2. Write down the steps you will need to take to achieve your goal.

3. Write down some things that might get in the way of achieving your goal and some ways you can deal with them.

4. Set a deadline for achieving your goal.



4. Now that you understand how to set a goal, list 3 goals that you would like to achieve this school year.

1. _____

2. _____

3. _____

5. Pick a reward that you will give yourself if you meet your goals.



"GRAYT" GOALS

G OAL SPECIFIC



R EALISTIC



A BLE TO MEASURE



Y OU CAN DO IT!!!



T IME APPROPRIATE

