



## Connections Idea of the Week 3/2/12



<b>Title/Skill:</b>	Goal Setting for Academic Achievement
<b>Connection Goal:</b>	Academic
<b>Grade Level:</b>	9-12
<b>Month:</b>	
<b>Time Needed:</b>	25 minutes

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**Handouts/Materials Provided:**

- Goal Setting for Academic Achievement

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**Summary of Activity for the Advisor:**

Students will set short term and long term academic goals.

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**Read/Review/Discuss/Do with students:**

1. Give each student a Goal Setting Worksheet.
2. Go over the guidelines listed at the top of the sheet.
3. Use some of these questions below to encourage a discussion on the importance of setting long and short term goals:
  - Why is it important to set goals?
  - Does setting goals help you? How?
  - Is it hard to think of goals that you would like to achieve?
  - What do you think you might need from you classmates or advisor to help you reach your goal?
4. Be sure to allow time in the session to let students identify their goals. Suggest two short and one long term.

## Activity: Goal Setting for Academic Success

Name \_\_\_\_\_

### GOAL SETTING WORKSHEET

#### Guidelines for writing your goals:

1. Select a goal you have control over.
2. Ask if the goal is too big or too easy.
3. Avoid using vague words such as: some, more, often, better. Use meaningful terms.
4. Be sure the goal is YOURS, and not someone else's.

#### What will you do?

##### Ten-week goal (short term):

- 1.
- 2.
- 3.

##### Semester goal:

- 4.

#### How will you measure your progress? Be specific.

- 1.
- 2.
- 3.
- 4.

#### What do you need to do to help you attain these goals? Who can help you attain these goals?

- 1.
- 2.
- 3.