Lesson Plan: SMART Goal

Objective: Students will develop an academic SMART goal for school and add it to My Goals.

ASCA Standards	
B-LS 5.	Media and technology skills to enhance learning
B-LS 7.	Long- and short-term academic, career, and social/emotional goals
B-LS 9.	Decision-making informed by gathering evidence, getting others' perspectives, and recognizing personal bias
B-SMS 5.	Perseverance to achieve long- and short-term goals
College and Career Readiness Anchor Standards	
W.CCR.4	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.
AVID Standards	
6.SA.PTO.2	Set personal, academic, and career goals
7.SA.PTO.2	Identify the steps necessary to accomplish goals
8.SA.PTO.2	Create short and mid-range goals that support achievement of long-term goals

Lesson Duration

This lesson can be completed in one 45-60 minute class period or broken into several 20- or 30-minute smaller lessons.

Student Materials

- Chromebook/laptop
- Internet access
- SMART Goal Student Worksheet
    - Instructional tip: The student worksheet is designed to complement the lesson; it is a fillable PDF that can be used electronically or printed.
- How to Use the My Goals Tool

Educator Materials

- View this tutorial for a step-by-step guide to see how your students will navigate CaliforniaColleges.edu in this lesson: How to Use the My Goals Tool.

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Educator Script/Introduction:

"As a student, you are building habits for your future performance in your life and career. It is important to learn how to seek help, who to ask when you need help, and how to move forward when something is difficult. Today you are going to set a goal for yourself that will support your academic success."

Warm-Up (10 minutes)

— Instruct students to respond to the following prompts in the SMART Goal Student Worksheet:

1. What is one thing you have learned how to do in the past? For example, how to ride a bike or skateboard, how to solve a math problem, how to bake or cook, etc.
2. How much time did it take for you to learn?
3. Did you give up or push through when it was difficult?
4. What did you learn from that experience?

1.
2.
3.
4.

- Instructional tip: Consider brainstorming examples together as a class if students need help thinking of ideas.
- Instructional tip: Consider asking students to share, with a partner or in small groups, their responses to the prompts. You might also ask volunteers to share out with the class.

HELP! (5 minutes)

— Instruct students to identify adults in their lives who can support them when they face challenges, both personally and academically, in the **Student Worksheet**.

- Instructional tip: Consider discussing with students appropriate ways to ask for help from teachers, counselors, etc.

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SMART Goal (30 minutes)

— Instruct students to write an academic goal in the **Student Worksheet**; encourage them to identify one related to attendance, grades, or extracurricular activities.

— Support students as they transform their goal into a SMART Goal using the **SMART Goal** chart in the **Student Worksheet**.

SMART Goal	
S	**Specific** Your goal must be clearly defined and identified. *Example: I will attend school every day that I am not sick.*
M	**Measureable** You must be able to track your goal. *Example: I will track my attendance using my school's online portal.*
A	**Attainable** Your goal must be within your control. *Example: I will walk or take the bus to school every day that my parent/guardian cannot drive me.*
R	**Relevant** Your goal must relate to academic achievement. *Example: Attending school will ensure I am present to learn and succeed in my classes.*
T	**Time-bound** Your goal must have a start and end date. *Example: I am committed to my attendance goal for the entire school year.*

- Instructional Tip: Consider brainstorming possible goals together as a class, in pairs, or in groups. You may want to model the process of transforming a regular goal into a SMART Goal for the class before releasing students to work on their own goals in pairs/groups or individually.

— Direct students to sign in to **CaliforniaColleges.edu**, navigate to **My Plan** at the top of the page, and click on **My Goals**.

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- Instruct students to add their SMART Goal to **Academic Goals**. Play the following tutorial for students or provide the link to students so they can watch it independently: How to Use the My Goals Tool.
    - Instructional tip: Watching this tutorial as a class enables you to pause as needed in order to ensure every student is on the same step before moving forward with the lesson.
    - Instructional tip: Remind students that they will have access to CaliforniaColleges.edu through the end of their last year of high school and beyond; therefore, this goal is something they can come back to year after year to check their progress.

Reflection/Exit Ticket (5 minutes)

- Collect students' completed worksheets.

Extension of Learning

- Encourage students to use the SMART Goal format to write another academic, college, career, or financial aid goal and add it to **My Goals**.

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