

Reflection and Goal Setting (10.5)

Goal: Students will develop a SMART goal focused on gaining experience in a career of interest in order to connect their current efforts with future career aspirations.

Lesson Time Options

This lesson requires one 45-60 minute class period.

Student Materials

- Chromebook/Laptop
- Internet Access
- Worksheet

In This Packet

This packet includes everything you need to complete the lesson.

- Educator Guide
- Student Worksheet

Standards

This lesson aligns with the following educational standards.

Common Core Standards

CCR-Writing 2, 3, 5, 6; Writing 2, 3, 5, 6; CCR-Speaking and Listening 3; Speaking and Listening 3

Reflection and Goal Setting: Educator Guide

Goal: Students will develop a SMART goal focused on gaining experience in a career of interest in order to connect their current efforts with future career aspirations.

Recommended Preparation

- Review the **Student Worksheet**. The worksheet provides clear instructions for students to complete the lesson. Determine how you will use the worksheet.

Getting Started

- You may print the **Student Worksheet** for students or embed the link in the materials you share with students.

Bell Work (5 minutes)

- Students will answer this bell work question: What have you learned about colleges and careers this year? Allow 2-3 timed minutes past the bell for students to finish writing and 3-5 more for discussion.

Introduction (5 minutes)

- Wrap up student discussions between partners and conduct a short whole class debrief if you desire.

Activity (30 minutes)

1. Direct students to log in to **CaliforniaColleges.edu** and navigate to **My Career Goals**.
2. Students will begin by creating a broad response to the prompt and then fill out the SMART Goals table.
3. Have students peer edit their worksheets for clarity then enter their goals into the platform.
4. If enough time remains, direct students to add goal-related tasks to **My Tasks**.
5. Finally, direct students to use the search bar and the keyword “a-g” in order to read **California Colleges Learn about “a-g”** and compare their classes so far to these subject requirements.

Reflection (5-10 minutes)

- Direct students to **My Journal** to respond to the prompt indicated in the student worksheet (**prompt #04**: “*What career or careers are you drawn to? What can you do during high school to prepare yourself for those careers? What college programs will help you reach your goal profession? Are you on track to go to the colleges that offer these programs?*”). You may also assign an alternative prompt.
- Optional: direct students to upload their completed worksheet to **My Documents**, found under **My Plan**.

Reflection and Goal Setting: Student Worksheet

Goal: You will develop a SMART goal focused on gaining experience in a career of interest in order to connect your current efforts with future career aspirations.

Part I: Introduction – Bell Work

What have you learned about colleges and careers this year?

Now,

- Turn to an elbow partner and discuss what you have learned this year. What is the most important thing you learned?

Part II: Activity

1. Think about a goal that gives you experience with a career of interest before you leave high school. This could be a job, internship, or project.

Set a broad goal:

2. Now go through the chart below and add specificity, measurable results, instructions for achievement, the relevance this has to your college and career path, and the time table you will use to guide your actions.

S.M.A.R.T.	Description
S Specific	
M Measurable	
A Achievable	
R Relevant	
T Time-Based	

3. Once your goal has been created, switch your SMART Goal with a partner and edit for clarity.
4. Log in to **CaliforniaColleges.edu** and go to **My Plan** and then **My Goals**. In the **Career Goals** section, enter your SMART goal for **prompt #1** (same as above):

“Create a goal that gives you experience with a career of interest before you leave high school. This could be a job, internship, or project.”

5. What are the first steps you can take towards your goal? If time allows, add those items to **My Tasks** and to any other personal planning tools you use.
6. Finally, take a few minutes to review your eligibility to apply to the California State University (CSU) or University of California (UC). Though the idea of college may seem far away right now, or you may not know what you want to do after high school, one of the most important things you can do is make sure you have options. Use the search bar and the keyword “a-g” in order to read **California Colleges Learn about “a-g”** and compare your classes so far to these subject requirements.

Part III: Reflect

- Go to **My Journal**, and in the **Career Journal** section, find **prompt #04**:
“What career or careers are you drawn to? What can you do during high school to prepare yourself for those careers? What college programs will help you reach your goal profession? Are you on track to go to the colleges that offer these programs?”
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.