

Reflection and Goal Setting (11.9)

Goal: Students will develop a SMART goal focused on college applications in order to connect their current efforts with their college 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 college applications in order to connect their current efforts with their college 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 the 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 additional minutes for discussion.

Introduction (5 minutes)

- Wrap up student discussions between partners and conduct a short whole class debrief of the bell work.

Activity (30 minutes)

1. Students will begin by creating a broad response to this prompt: Create a goal for your college applications – this may include when to finish them, how many to complete, or a reach school application.
2. Students will then use the chart on the student worksheet to turn their response into a SMART goal.
3. Students will peer edit their SMART goals for clarity, then enter their goals into the platform.
4. Direct students to sign in to **CaliforniaColleges.edu**, navigate to **My College Goals**, and enter their goal for **prompt #01**: Create a goal for your college applications – this may include when to finish them, how many to complete, or a reach school application.
5. If enough time remains, direct students to add goal-related tasks to **My Tasks**.

Reflection (5-10 minutes)

- Direct students to **My Journal** to respond to the prompt indicated in the student worksheet (*prompt #01: "Are you ready to apply to college or other postsecondary opportunities? What else do you need to do to be ready? How will your senior year prepare you for life after high school?"*). 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 college applications in order to connect your current efforts with your college 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 discovered this year. What was the most important thing you learned?

Part II: Activity

1. Create a goal for your college applications – this may include when to finish them, how many to complete, or a reach school application.

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 **College Goals** section, enter your goal for **prompt #01** (same as above):

“Create a goal for your college applications – this may include when to finish them, how many to complete, or a reach school application.”

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.

Part III: Reflect

- Go to **My Plan** and then **My Journal**. In the **College Journal** section, find **prompt #01**:
“Are you ready to apply to college or other postsecondary opportunities? What else do you need to do to be ready? How will your senior year prepare you for life after high school?”
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.