

Introduction to SMART Goals (7.5)

Goal: Students will craft one personal and one academic SMART goal.

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; CCR-Speaking and Listening; CCR-Writing in History/Social Science. Science, and Technical Subjects

SMART Goals: Educator Guide

Goal: Students will craft one personal and one academic SMART goal.

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.

Guiding Question

How can we create goals that will structure our activities as we progress?

Bell Work (5 minutes)

- Students will answer the bell work question: “What is a goal? How do you know you have achieved a goal? Do you achieve most of your goals? Why or why not?”
- Allow 2-3 timed minutes past the bell.
- Allow students to debrief their answers with an elbow partner.

Introduction (5 minutes)

- Walk through SMART goals with students. Offer alternative vocabulary as necessary (specific is detailed, measurable is obvious, etc.) and use the example given in the student worksheet. You may also search “SMART Goals” on CaliforniaColleges.edu and review the content page.

Activity (30 minutes)

- Have students list two of their goals: one academic and one personal.
- Students should work with a partner to tackle these goals.
- Once students have made their goals SMART they should sign in to **CaliforniaColleges.edu** and enter their academic goal into **My Plan**. Their worksheet has navigation instructions.
- Students who finish early should enter their additional goal into **My Plan**. Consider asking those who do not finish to complete this step as homework.

Reflection (5-10 minutes)

- Direct students to **My Journal** to respond to the prompt indicated in the student worksheet (*prompt #10: “Why is it important to make our goals SMART? How is this likely to change our actions? Do you feel more confident about working towards the goals you outlined today?”*). You may also assign an alternative prompt.
- Optional: direct students to upload their completed worksheet to **My Documents**, found under **My Plan**.

Introduction to SMART Goals: Student Worksheet

Goal: You will craft one personal and one academic SMART goal.

Part I: Introduction – Bell Work

- What is a goal? How do you know you have achieved a goal? Do you achieve most of your goals? Why or why not?

Part II: Activity

Review the chart below, and then continue to the activity.

SMART Goals		
SMART goals are goals that have been carefully crafted to fit the following criteria.		
S	Specific	What are you hoping to do? Be as specific as possible - details will help you succeed. The goal is very precise and has a clear purpose. It is detailed.
M	Measurable	How will you know you reached this goal? Think of a clear sign of success. You have a way to determine whether or not the goal is achieved.
A	Achievable	Is this goal doable? You want to be optimistic but realistic. The goal is difficult, but realistic.
R	Relevant	How will reaching this goal make a positive difference in your life? The goal has an effect on the problem you are trying to solve.
T	Timely	When do you want to reach this goal? There is a deadline by which the goal must be completed.
Example		
S	I will go to college, specifically to CSU Fullerton.	
M	I will know I have met my goal if I am accepted to CSU Fullerton and eventually attend that college.	
A	If I focus on my school work, ask questions when I need help, and participate in class, I can earn high grades so that I will be accepted to CSU Fullerton.	
R	By going to college, I will have opportunities my parents did not have. I can get a good job and make money to support my family.	
T	I will focus on earning strong grades during 11 th grade so that when I apply to CSU Fullerton when I am a senior, I can show the college my good grades.	

1. Think of two goals you have – one academic and one personal. List those goals below.
2. With a partner, turn those goals into SMART goals. Work through as many goals as you can during the time your teacher gives you.

SMART		Academic	Personal
S	Specific		
M	Measurable		
A	Achievable		
R	Relevant		
T	Timely		

3. Now sign in to CaliforniaColleges.edu and go to **My Plan** at the top of the page. Hover on the text and select **My Goals**.
4. Click on **Add Goal**. Then, in the **Content Area** field, select **Academic Goals**. Title your goal and create the SMART goal.
5. If you have time, add your personal goal.

Part III: Reflect

- Go to **My Journal**, and in the **Academic Journal** section find **prompt #10**:
“Why is it important to make our goals SMART? How is this likely to change our actions? Do you feel more confident about working towards the goals you outlined today?”
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.