

Reflection and Goal Setting (8.5)

Goal: Students will reflect on their college and career insights, as well as their expectations for high school, in order to create a SMART goal focused on academic achievement during their first year of high school.

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 reflect on their college and career insights, as well as their expectations for high school, in order to create a SMART goal focused on academic achievement during their first year of high school.

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 them 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.

Activity (30 minutes)

1. Have students navigate to **My Academic Goals**.
2. Students will begin by creating a broad response to the prompt: "Set a goal involving your academic achievement during your first year of high school."
3. They will then use the chart in their worksheet to make this a SMART goal.
4. Students will peer edit their worksheets for clarity, then enter their goals into the platform.

Reflection (5-10 minutes)

- Direct students to **My Journal** to respond to the prompt indicated in the student worksheet (*prompt #05: "What excites you about high school? What worries you? How will you keep yourself on track during your freshman year?"*). You may also assign an alternative prompt.
- Optional: direct students to upload their completed worksheet to **My Documents**, found under **My Plan**.

4. Once your goal has been created, share goals with a partner and edit for clarity.
5. Go to **My Plan** and then **My Goals**. In the **Academic Goals** section, find **prompt #01**:
“Set a goal involving your academic achievement during your first year of high school.”
6. What are the first steps you can take towards your goal? Discuss your plans with an elbow partner.

Part III: Reflect

- Go to **My Plan** and then **My Journal**. In the **Academic Journal** section, find **prompt #05**:
“What excites you about high school? What worries you? How will you keep yourself on track during your freshman year?”
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.