

## Past and Future Me: Reflection and Annual SMART Goal (9.5)

**Goal:** Students will reflect on their career and college exploration this year in order to set a SMART goal that will contribute to the enhancement of their college applications.

### Lesson Time Options

This lesson is part of the Past and Future Me Series (Lessons 9.3 – 9.5) and will require one 45-60 minute class period. The series requires a total of approximately three 45-60 minute class periods. (Note that Lesson 9.4 is an academic planning lesson that should be conducted by counselors and may take longer than 60 minutes, depending on the group of students.)

### 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

The literacy skills of Common Core can be broken down into sections – reading, writing, and speaking and listening (language skills are outside of the focus of CaliforniaColleges.edu). In the lesson, students will practice the following skills:

Common Core Skill	Practiced in this Lesson
Reading for Information	CCR-Reading 1, 4; Reading for Information 1, 4
Argument Writing	CCR-Writing 2, 7, 9; Writing 3, 7, 9
Speaking and Listening	Speaking and Listening 2, 3

### 21<sup>st</sup> Century Skills

Students in today's classrooms are learning not only academic skills and content, but how to be productive members of global communities. There are work habits, experiences, and skills that students need to develop to be ready for higher education and careers.

21 <sup>st</sup> Century Skill	Practiced in this Lesson
Critical Thinking	X
Digital Skills	X
Backwards Planning	X
Goal Setting	X

## Past and Future Me: Reflection and Annual SMART Goal: Educator Guide

**Goal:** Students will reflect on their career and college exploration this year in order to set a SMART goal that will contribute to the enhancement of their college applications.

### Recommended Preparation

- **Review the Student Worksheets** for all lessons in the series (**9.3 – 9.5**). The worksheets provide clear instructions for students to complete the lesson. Determine how you will use the worksheets.

### Getting Started

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

### Guiding Question

What type of career do you see yourself pursuing and how can you make decisions in high school that will help you get there?

### Bell Work (5 minutes)

- Students will answer these bell work questions: What have you learned about colleges and careers this year? What do you think you should study in college?
- Allow 2-3 timed minutes past the bell for them to finish writing and 3-5 additional minutes for discussion.

### Introduction (5 minutes)

- Students will discuss responses to the question, “What was the most important thing you learned?” with an elbow partner.
- Wrap up student discussions between partners and conduct a class debrief if you desire.

### Activity (30 minutes)

1. Students will explore programs and majors and ♥ (favorite) at least five.
2. Pose the following to students: Think of a goal that makes you a better college applicant by the end of your sophomore year. This may include new activities, new classes, or new community projects. What is the goal?
3. Students will record their response individually on their worksheet; you may also choose to have students report out to the class.
4. Have students sign in to **CaliforniaColleges.edu** and navigate to **My College Goals**.
5. Students will make their goal SMART. If students are unfamiliar with SMART goals, you may search “SMART Goals” in the search box on **CaliforniaColleges.edu** and review the related content page before moving to this step.
6. Give students an appropriate amount of time to thoughtfully and thoroughly work on the SMART goal.
7. Finally, ask students to think about what steps they need to take to reach their goal then 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 #06: "What have you achieved in your first year of high school? Where have you fumbled or failed? How do you intend to do better next year?"*). You may also assign an alternative prompt.
- Optional: direct students to upload their completed worksheet to **My Documents**, found under **My Plan**.

## Past and Future Me: Reflection and Annual SMART Goal: Student Worksheet

**Goal:** You will reflect on your career and college exploration this year in order to set a SMART goal that will contribute to the enhancement of your college applications.

### Part I: Introduction – Bell Work

What have you learned about colleges and careers this year? What do you think you should study in college?

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. Sign in to **CaliforniaColleges.edu**. Hover on **My Plan** and click on **My College Plan**. Look at your **College List**. Select one by clicking on the institution name (title). Review the factsheet and click on the **Degrees & Majors** tab. Review the list. Then, use the **Major Search Tool** to find the programs and majors you think match your interests.
2. To find the **Major Search Tool** hover on **College** at the top of the page and then click on **Major Search Tool**. Make sure to ♥ (favorite) at least five programs and/or majors.
3. Think of a goal that will make you a more desirable college applicant by the end of your sophomore year of high school. This may include new activities, new classes, or new community projects. Write your goal below.
4. Again, hover on **My Plan** at the top of the page and then click on **My Goals**. Select **College Goals** and find goal **prompt #1**. When you enter your goal, make sure it follows the SMART format.
5. What are the first steps you can take towards your goal? Add these specific steps to **My Tasks** on **CaliforniaColleges.edu**. Make sure to set realistic due dates.

### Part III: Reflect

- Go to **My Plan** and then **My Journal**. In the **Academic Journal** section, find **prompt #06**:  
*“What have you achieved in your first year of high school? Where have you fumbled or failed? How do you intend to do better next year?”*
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.