

Reflection and Goal Setting (12.5)

Goal

Students will develop a SMART goal focused on career development in order to connect their current efforts with their professional aspirations.

Recommended Preparation for Students

The recommendation is for students to complete **Module 6: Secure State Aid** before this lesson. The module consists of one lesson: **Complete the Next Steps on WebGrants 4 Students**. By completing the lesson students gain an understanding of how to:

- Check their state aid status.
- Take any remaining steps to secure their state money.

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 career development in order to connect their current efforts with their professional 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 minutes 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. Students will begin by creating a broad response to this prompt: Create a goal to reach your desired profession within five years. This may include college programs, entry level jobs or internships, certifications, and networking.
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**: How can you mark this transition in your life in a meaningful way? Who can you thank? How can you make the next phase of your life impactful? What wisdom would you pass on to those just entering high school?
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: "How can you mark this transition in your life in a meaningful way? Who can you thank? How can you make the next phase of your life impactful? What wisdom would you pass on to those just entering 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 career development in order to connect your current efforts with your professional aspirations.

Part I: Introduction – Bell Work

What is next? How are you feeling? Write your initial thoughts and then discuss with an elbow partner.

Part II: Activity

1. Create a goal to reach your desired profession within five years. This may include college programs, entry level jobs or internships, certifications, and/or networking.

First, 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 goal for **prompt #02** (save as above):

“Create a goal to reach your desired profession within five years. This may include college programs, entry level jobs or internships, certifications, and networking”

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 **Career Journal** section, find **prompt #01**:
“How can you mark this transition in your life in a meaningful way? Who can you thank? How can you make the next phase of your life impactful? What wisdom would you pass on to those just entering high school?”
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.