

Goal Setting for B.C. Students. How to Begin.

One of the key themes in the B.C. *Health and Career Education K to 7 IRP* is informed goal setting and decision making. Although there are many models of goal setting, the information in the chart provided in the *Health and Career Education IRP* (Steps in Goal Setting and Decision Making) is offered as a starting point. In assessing goal setting, it is recommended that the **process** be the focus, so that the student demonstrates thoughtful and critical examination of the situation. In most cases, it is not deemed appropriate to assess the goal itself.

Steps in Goal Setting, as laid out in the B.C. Health and Career Education K to 7 IRP (p. 24, gr. 6):

- State purpose for goal – visualize and describe the ideal end product.
- Define the goal in specific, realistic, measurable, and timely terms.
- Break down long-term goals into manageable short term steps.
- Create a timeline for each step in the goal.
- Identify potential challenges to meeting the goal, and identify ways to overcome those challenges.
- Identify sources of support for reaching the goal.
- Carry out the goal steps.
- Re-evaluate the goal periodically and adjust as necessary.

(each of these steps can be revised and repeated as necessary)

Beginning in grade 6 and continuing into grade 7, students will become responsible for their own goal-setting. It is important to have inspiring material to encourage students to set goals that are meaningful. On the following page is a suggested lesson plan to be used as a starting point for meaningful goal-setting.

The Lesson Plan

Lesson Plan Title: Inspiring the Goal.

Concept / Topic to Teach: Framing one's goal.

General Outcomes: from Grade 6 Goals and Decisions section of BC Health and Career Education IRP for K-7, it is expected that students will:

A1 describe planning techniques that can help to support goal attainment (e.g., time management, setting priorities, considering costs and resources)

A2 identify influences on goal setting and decision making, including family, peer, and media influences

Specific Objectives: To complete a template or graphic organizer for goal-setting which will provide student with a framework within which he/she may work toward a goal.

Required Materials: Recording of Ryan Donn's *One Dream*, a template or graphic organizer for students to format their goals.

Anticipatory Set (Lead-In): British Columbia musical artist, Ryan Donn's, *One Dream*. Terry Fox's significant achievement was Ryan Donn's inspiration to write this song.

Step-By-Step Procedures:

1. Play the song for the students, and provide them with the lyrics.
2. Talk about Terry Fox's realization two days after his 18th birthday that he had cancer, and that his leg would have to be amputated. Discuss that through that process, and throughout his two months of chemotherapy to follow, Terry Fox found his purpose. He knew that life was precious, and he found his deeper sense of purpose. He chose to walk across Canada to raise \$1 000 000. for the Canadian Cancer Society.
3. Ask students to reflect upon Terry's goal. Ask students to compare and contrast Terry's ideal target with what has become today of his goal.
4. Share the goal-setting template with students. This is their guide to setting a goal with purpose. Encourage the student to set a goal in an area in which he/she excels. It is important to help our students to understand their own strengths, so that they are able to build on those strengths for success.
5. Ask students to share the goal template at the first parent-teacher-student conference.

Goal-Setting Graphic Organizer Template for Grade 6 (may adapt for other grades)

Date:
Name of Student:
Purpose for goal – visualize and describe the ideal end product or result. Base on student’s strength, if possible:
Define the goal in specific, realistic, measurable, and timely terms:
Break down long-term goals into manageable short term steps:
Timeline for each step in the goal:
Potential challenges to meeting the goal, and identify ways to overcome those challenges.
Sources of support for reaching the goal:
<input type="checkbox"/> Carry out the goal steps. Comment on your growth.
<input type="checkbox"/> Re-evaluate the goal periodically and adjust as necessary.

