**COUNSELOR LESSON PLAN**

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| **Topic: SMART Goal Setting**  **Duration: One Class Period**  **Grade Level**: 5 | | | |
| **ASCA COUNSELING STANDARDS / MINDSETS & BEHAVIORS** | | | |
| **Career:**  **C: A1. 6. Students will be able to set a goal**  **Personal Social:**  **PS: A1. 3. Learn the goal-setting process**  **Mindsets & Behaviors**  **Learning Strategy 7 – Identify long and short-term academic, career and social/emotional goals** | | | |
| **OBJECTIVES/ESSENTIAL QUESTION** | | **TERMINOLOGY** | |
| **Students will be able to set a SMART goal.** | | Goal  Specific  Measurable  Realistic | |
| **INTRODUCTION TO LESSON** | | | |
| **Students will learn what a goal is and what the acronym SMART stands for by viewing a Prezi presentation. A powerful introduction would be explaining how those who set goals get more of what they want and providing an example.** | | | |
| **CONTENT KNOWLEDGE | INSTRUCTIONAL DESIGN** | | | |
| **TEACHER ACTIONS** | | **STUDENT ACTIONS** | |
| Introduce lesson with the SMART Goal prezi (on Dreams vs. Goals slide my example is that I dream of winning the lottery but that I am not willing to spend money each week to purchase tickets. I ask the students if it is a goal and they respond “no” because I’m not *trying* to achieve it) Explain vocabulary words using examples on prezi | | Follow along with prezi, take turns reading examples aloud | |
| Hand out WANTS and SMART goal worksheets | |  | |
| Instruct students to complete WANTS worksheet in order to brainstorm ideas for relevant goals. | | Complete WANTS worksheet | |
| Instruct students to choose one WANT from their work and use it to create a SMART Goal | | Choose one WANT to make into a SMART Goal on the SMART Goal worksheet | |
| Review the examples of SMART goals from the worksheet together. Point out why the examples meet our criteria for being SMART | | Listen and provide feedback regarding examples | |
| Instruct students to create one SMART goal to write down on the worksheet, check in with individual students as they work to ensure that ideas can successfully be turned in to SMART goals | | Complete the SMART Goal worksheet | |
|  | |  | |
| **CLOSURE|CHECK FOR UNDERSTANDING** | | | |
| Students will have successfully completed the SMART Goal worksheet  If time permits student may share their SMART goals with partners or aloud to class | | | |
| **AVID WICOR STRATEGIES UTILIZED** | | | |
| Writing- students brainstorm by writing wants, write one SMART goal, and write actions to reach the goal  Reading- students read the SMART Goal Prezi | | | |
| **RESOURCES** | | | |
| Link to SMART Goal Prezi: https://prezi.com/6q2vyvd4cq7q/smart-goals/ | | | |
| **DIFFERENTIATED INSTRUCTION** | | |
| 1. Project the Prezi on the whiteboard for students who need visual reinforcement.  2. Read each slide out-loud and further explain advanced vocabulary. Allow students to volunteer to read the examples on the slides to provide further auditory reinforcement. | | |
| **SUPPLEMENTAL LESSON AND RESOURCES** | | |
| SMART Goal vocabulary word search | | |

My WANTS.

Take one minute to write down some of your “wants”

What are some things that you would like to accomplish?

(examples: to be a doctor, to make better grades in math, to learn how to play an instrument, to be on a sports team, to get along better with someone at home, to help your family..) Don’t worry about complete sentences!

They must be positive!!

GO! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To achieve my dreams I must set goals for myself.

Remember that GOALS must be S.M.A.R.T.

Specific, Measurable, Action, Realistic, Timely

**Examples (Be specific!): I will be part of the Drexel basketball team this school year.**

**I will get a 4 on my report card in math at the end of the first quarter.**

**I will help my mom with chores two times per week.**

**My goal is:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**This goal is important to me because:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Actions I can do right now to start to achieve this goal are (be specific: what will you do, how often)?**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**If I have trouble & I need help reaching my goal I will ask for help from:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**GOALS!**

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| R | E | B | B | C | B | H | A | D | E | E | S | X | Z | Z |
| U | E | U | G | T | Q | C | D | L | Y | L | P | X | K | J |
| A | R | A | M | O | H | J | B | S | X | B | E | Z | H | T |
| P | Z | R | L | I | A | A | Y | F | P | A | C | M | R | U |
| T | Q | M | E | I | N | L | U | U | S | R | I | X | O | M |
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| X | M | T | Y | L | E | M | I | T | B | A | C | X | M | M |
| I | T | N | W | A | N | T | S | C | C | E | H | W | A | Q |
| A | C | C | O | M | P | L | I | S | H | M | T | E | Y | V |
| K | T | M | L | I | V | V | Q | M | U | F | R | C | J | L |
| P | A | R | P | A | T | H | L | T | I | D | A | N | R | O |
| R | C | Z | R | R | O | C | S | M | G | Z | M | H | O | F |
| B | M | V | U | A | M | P | A | S | Z | P | S | F | C | Q |
| V | K | Y | V | E | V | W | Y | K | N | V | B | F | B | M |

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|  |
| ACCOMPLISH | ACHIEVE | ACTION |
| ATTAINABLE | DREAM | GOAL |
| MEASURABLE | REALISTIC | SMART |
| SPECIFIC | TIMELY | WANTS |