# **UNIT: Study Skills Grade 5**

**ACTIVITY: Setting Clear Goals Lesson 4**

**Academic Standards:**

**Standard A:** Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.

**Standard B:** Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.

**Competencies:**

**A:A1** Improve Academic Self-concept

**A:A2** Acquire Skills for Improving Learning

**A:B2** Plan to Achieve Goals

**Indicators:**

**A:A1.5** Identify attitudes and behaviors that lead to successful learning

 **A:A2.2** Demonstrate how effort and persistence positively affect learning

**A:B2.4** Apply knowledge of aptitudes and interests to goal setting

**A:B2.5** Use problem-solving and decision-making skills to assess progress toward educational goals

**A:B2.6** Understand the relationship between classroom performance and success in school

**A:B2.7** Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Materials**

* Building Resiliency, by Karen Griffith
* How to Set a Clear Goal – handout (p.67)
* Study Skills Fun, by Marianne B. Vandawalker (p. 76-77)

**Vocabulary**

* Goal –something you want to achieve

**Gathering**

Last time we talked about what it would take to accomplish your career goals. We said that many smaller goals had to be reached before that would happen. Today we are going to break goals down even more, and practice how to write them.

**Review Agenda/Before the Lesson**

In order to accomplish a goal, there several things that we need to do in order to follow through and be successful. This handout will help us set clear goals that we can accomplish in a shorter amount of time.

**During the Lesson**

Go through each step in the goal writing handout, give personal examples if possible. There are some good goal setting ideas on p. 76-77 of Study Skills Fun that can help students narrow their focus and list steps for their goal. You may want them to choose one of those areas to start with.

Students fill out their goal sheet, keeping their goals specific and short termed.

**After the Lesson**

Students put their goal sheet somewhere that they can check it each day/week. Try to have classroom teacher follow up with this lesson!

**Checking Out What You Learned/Assessment**

**Closing**

**Notes**

How to Set A Clear Goal

**Be Specific** Being as specific as possible increases the chance that you will achieve your goal. Instead of saying you want to make good grades, for example, say you want to get an *A* in science.

**Set Realistic Goals** Make sure your goal is within your reach. If it’s too easy, you might not work on it. If it’s too difficult, you might give up without really trying. Instead of trying to earn all *A’s* when you are currently failing all your subjects, try bringing two or three grades up to *C’s*. Next marking period, you can aim for A’s.

**Develop an Action Plan** Identify the steps you need to take to reach your goal. Be specific about what you can do each day to move toward your goal.

**Put It In Writing** Write down, in a positive way, exactly what you want to achieve. Instead of ”I won’t get sent to the principal’s office,” for example, write: “I will follow classroom rules.”

**Post It**

Display your goal where you will see it every day. This will remind you what you’re working toward. Your bedroom wall, the front of your notebook, or your school calendar might be good places to display your goal.

**Involve Others** Ask a teacher, parent, or someone else you trust to evaluate the progress he/she sees you making toward your goal. Those checkmarks can be encouraging and provide extra motivation.

**Believe In Yourself** Stay positive even when you make mistakes. Get that positive self-talk going! See yourself achieving your goal.

**Be Flexible** Keep in mind that setbacks can happen. Never give up. No one is immediately successful. A good goal is one you must strive to achieve.

**Reward Yourself**

Reaching a goal takes hard work, and you should be proud of your efforts. Call attention to your successes. Celebrate!

Ideas for Setting Goals

(Study Skills Fun p. 76-77)

**Goal – To have a positive attitude**

 Steps: I will not complain when I have to study.

 I will not blame others for something I did wrong in school.

 I will realize that it’s my fault if I don’t finish my work.

 I will begin my work on my own without being told to do so by my teacher or parents.

**Goal – to organize myself and my materials**

 Steps: I will plan my schedule so that I’ll have time to do all of my studies.

 Whenever possible, I’ll study in the same place and at the same time every day.

 I will make sure I have all the supplies I need to do my assignments.

 I will turn off the TV when I’m studying.

 I’ll do the most difficult assignment first.

 I’ll straighten out my notebook/backpack so that I can find things quickly.

**Goal – to practice good listening**

 Steps: I will remain quietly in my seat while the teacher is teaching.

 I will look at the teacher when instructions are being given.

 I will ignore my talking neighbor.

 My pencil and other materials will stay still on my desk while the teacher is giving directions.

 I will catch myself when I daydream and get my mind back on my schoolwork.

 I will concentrate when a video is being played or a classmate is answering a question.

**Goal – to follow directions**

 Steps: I will listen well in order to follow directions.

 If I don’t understand the directions, I will to ask the teacher to explain.

 I will read written directions at least twice before beginning the assignment.

 I will write down oral directions as they are given.

 I will check my work carefully to see if I have followed the directions.

**Goal – to manage and schedule time in order to get things done**

 Steps: I will fill out and follow a daily schedule.

 I will finish my schoolwork before I go out to play.

If I have something to do right after school, I will take my schoolwork with me to work on in the car or in my spare time.

 I will go to bed on time on school days.

 I will divide long-term assignments into steps I can complete regularly.

 When making a schedule, I will include everything I need to do each day.