

Making Goals and Action Plans

This lesson is designed to help students write SMART goals in several areas (academic, personal, and career) using the MEFA Pathway website. Additionally, students will consider how they will achieve these goals by writing strategies that will help them stay on target.

OBJECTIVES

Students will:

1. Learn about SMART goals and how to write them
2. Connect what they've learned about SMART goals with their lives in three areas, academic, personal, and career in order to write one SMART goal for each area
3. Evaluate the goals that they've written in order to determine if they are actually SMART goals
4. Create a plan of strategies that allows them to take steps that will keep them on target for achieving their goals

ACTIVITIES

PART 1

Content Knowledge

Display the notes below on the board in order to teach students about SMART goals and how to set them. SMART goals are goals that are Specific, Measurable, Attainable, Relevant, and Time-bound.

Non-SMART goal example: I will lose weight.

SMART goal example: In the next six weeks, I will run three miles every other day and lift weights for thirty minutes on my non-running days in order to lose five pounds.

In order to write a goal that adheres to each characteristic, there are several questions you need to ask yourself:

- **Specific:** What do you want to accomplish?
- **Measurable:** How will you know when you reach this goal?
- **Attainable:** Is your goal achievable if you set your mind to it?
- **Relevant:** Is this a worthwhile goal? Do you have the resources you need in order to achieve this goal?
- **Time-bound:** What is the timeline for your goal? When will it be achieved?

Grade Level: 10 - 12

MEFA PATHWAY LINKS FOR LESSON:

- Goals & Strategies

SUBJECT AREAS:

- Career Exploration

MATERIALS NEEDED:

- Internet connection to work with the MEFA Pathway website

Email any questions to:
info@mefapathway.org

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LESSON PLAN

PART 2

Applying Information

Knowing what they just learned about SMART goals, students should log in to the MEFA Pathway website and go to the Build Career Plan page. Next they should click on the Goals & Strategies tab. Ask students to write three goals in the Goals section by clicking on the green “ADD GOAL” button in the top right corner.

Students should write one of each type of goal: academic, personal, and career on this page. All goals should adhere to the SMART criteria and focus on their lives leading up to graduation.

PART 3

Evaluating Information

Once students have written three goals, they should evaluate their goals individually or with a partner in order to ensure that they are Smart, Measurable, Attainable, Relevant, and Time-bound.

PART 4

Critical Thinking/Creative Application

After students have evaluated their goals to ensure that they are SMART goals, students should create an action plan of strategies that will allow them to meet and complete each of their goals. Students should develop at least one strategy for each goal; however, they can create more than one strategy for each of their goals.

Strategies should allow students to stay on target to achieve their goals. Examples for each type of goal are listed below in case the student needs help getting started:

- Academic: Find a friend who can tutor me in math
- Personal: Keep a daily to-do list
- Career: Volunteer at the hospital

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