

Lesson Plan

Keys To Your Future: College & Career Readiness™

SMART Goals

🕒 45 minutes

Prerequisite: Keys To Your Future—Preparing in High School



INSTRUCTIONS

Each digital lesson is supplemented with a follow-up synchronous lesson plan to extend and reinforce learning. Activities and questions are structured in a way that supports both in-person and virtual classroom settings.

OBJECTIVES

Students will be able to...

- Understand the components that make up S.M.A.R.T.
- Practice crafting a personal goal and refining it using the S.M.A.R.T. approach.

MATERIALS

- 5 Goals for Junior Year Warm-Up Handout
- What Are S.M.A.R.T. Goals Handout

SECTION	DESCRIPTION	FORMAT	DURATION
Opening	Possible Prompt: “Sometimes we set goals with great intention and yet, somehow they are not achieved.” Individual Read: <i>5 Goals for Junior Year</i>. Circle the goals you think he has the best chance of achieving. Compare with a partner. Class Discuss: Which ones are most likely to be achieved and why?	<i>Read</i> Independently. <i>Discuss</i> with a partner. <i>Share</i> with class.	4 mins
New Learning	Possible Prompt: “There is a popular method to help people set goals with a higher rate of being achieved called S.M.A.R.T. goals. The acronym stands for:” Handout: What Are S.M.A.R.T. Goals Handout. Students will fill in the columns. • S: Specific - How are you going to do it? • M: Measurable - How much/many? Quantify using numbers. • A: Attainable or Achievable - What skills or resources are needed? Weigh the effort, time or cost it will take. • R: Relevant - What is the objective behind the goal, and will this goal achieve that? Is this realistic or even something you really want to do? • T: Timely - What is the deadline? (keep it realistic) Definitions (Source): https://www.bcbe.org/Page/9529 Use the first goal from <i>5 Goals for Junior Year</i> (Get better grades in every class) to practice writing a S.M.A.R.T. goal.	<i>Read</i> as a class, small group, partners, or individually. <i>Discuss</i> as a class.	12 mins

SECTION	DESCRIPTION	FORMAT	DURATION
New Learning (cont'd)	*Answers may vary. Here is an example if students need a push-start: • S - Earn a B in all classes by attending class, completing homework, and studying for exams. • M - Earn a 3.0 in all 5 classes by attending class, completing all homework, and studying 2 hours more for exams. • A - Focus on the 2 classes I'm failing. Earn a 3.0 in those classes by attending and participating in class, completing all homework, and studying 1 hour more for exams. • R - Earn a 2.0 in the 2 classes I'm failing by attending and participating in class, completing 50% of the homework, and studying 1 hour more for exams. • T - By the end of the quarter, earn a 2.0 in the 2 classes I'm failing by attending and participating in class, completing 50% of the homework, and studying 1 hour more for exams.		
Activity	Partner Practice: From the 5 Goals for Junior Year, select one of the remaining 4 goals that resonate with you. Pair Create: <i>With your partner, draft a new version of the goal using the S.M.A.R.T. method. Start by writing it as an "S."</i> <i>Refine with each new letter so by the end you have a sentence or two that meets all S.M.A.R.T. criteria.</i>	Create in pairs.	17 mins

SECTION	DESCRIPTION	FORMAT	DURATION
Discussion	Group Share: Students find another pair who selected the same goal. Share what you wrote. Class Discuss: • What did you find helpful about using the S.M.A.R.T. goal method? • What did you find challenging? • Why is being specific valuable? • Why is measurable important? • How do you know if the goal you set is realistic? • Why might you have a goal that is NOT relevant, not what you really want? • Why are deadlines necessary?	<i>Share as groups.</i> <i>Discuss as a class.</i>	10 mins
Closing	Possible Prompt: “S.M.A.R.T. goals help pinpoint what to do to reach success. Keep S.M.A.R.T. goals positive- what you want to do vs what you do not want to do. Ex. ‘Stop being late’ by..., becomes ‘Be punctual by...’ It feels and sounds more like success!”	<i>Formalize learning with the whole group.</i>	1 min
Evaluation	What is one general goal you have that you could make into a S.M.A.R.T. goal?	<i>Assess individually.</i>	1 min

TEACHER GUIDE

FIVE GOALS FOR JUNIOR YEAR

1 Get better grades in every class.

2 Dedicate an hour to exercise three times a week.

3 Start thinking about career options.

4 Ask my 3 top choices to homecoming by next weekend.

5 Participate more in Spanish class.
