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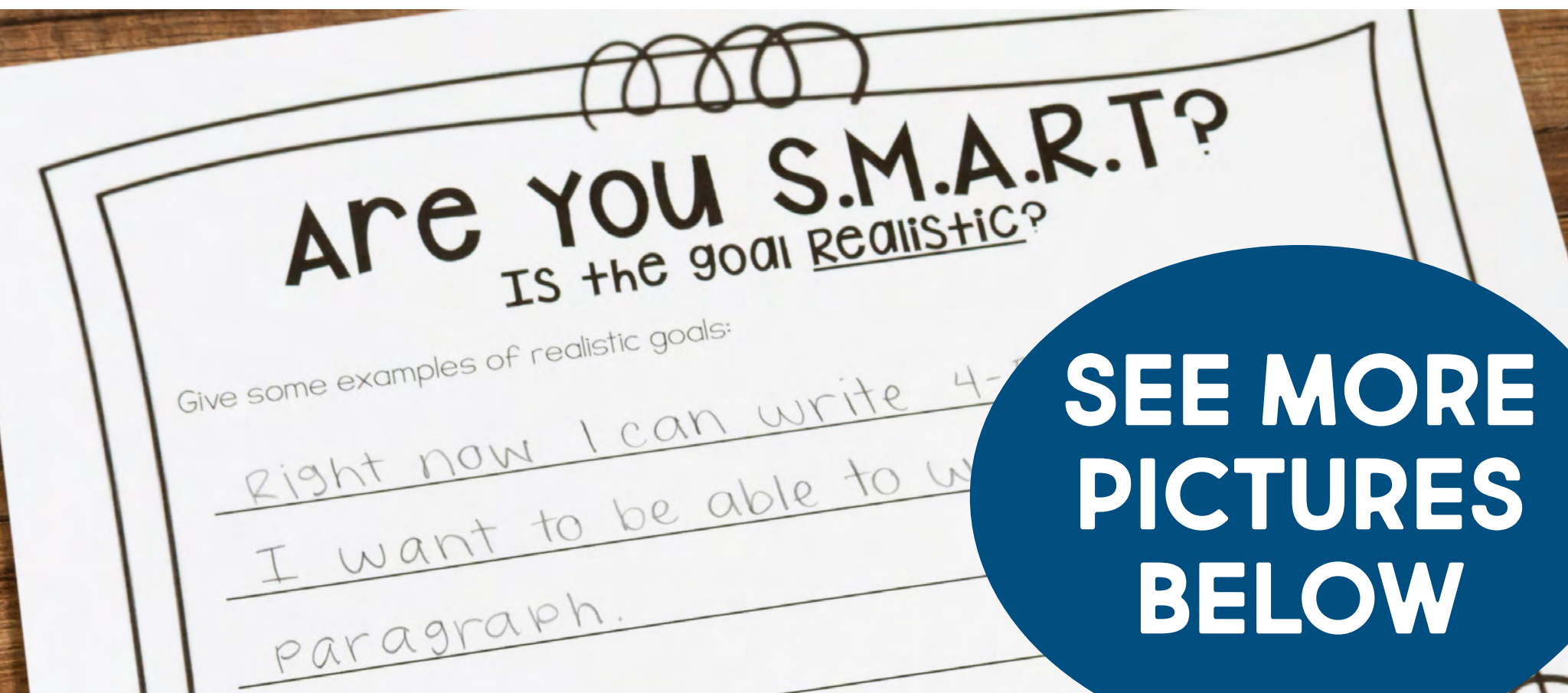
Goal Setting Lessons

**5 GOAL SETTING
LESSONS TO
TEACH YOUR
STUDENTS HOW
TO SET SMART
GOALS**

5

REASONS TEACHERS LOVE THE GOAL SETTING LESSONS

1. Lessons move through an I DO, WE DO, and YOU DO instructional process
2. Each SMART goal setting component has multiple ways to teach and practice the skill.
3. The resource outlines exactly how to write specific and meaningful goals in a clear and concise way.
4. Students analyze goals and determine whether or not they are effect goals and then rewrite the goal to make it more effective.
5. It includes hands-on activities.



MULTIPLE WAYS TO TEACH AND PRACTICE EACH GOAL SETTING COMPONENT

Measurable

NOT Measurable

Jump rope for one minute without stopping.	Pay attention to cool words when reading.
Understand what I read.	Read with expression.
Read better.	Learn the life cycle of a plant.
Learn how to solve multi-step word problems.	Write in paragraph.
Remember to put periods at the end of my sentences.	Earn 25 AR points.
Read more books.	Behave.

Definition

able to be measured

Characteristics

often a number
can count it
has a start and end

Examples

- Read 60 words per minute
- Learn 10 more sight words
- Memorize my 9×9 math facts
- Get two more words correct on my spelling test

Measurable

Non-Examples

read better
Do more problems
Learn more words.

Are you S.M.A.R.T?

Is the goal Measurable?

Determine whether the goal is measurable. Prove why it is or is not measurable. If it is not measurable, make it measurable.

1. I want to learn more words.
Why? The goal is not specific enough to be measured
Change it? I want to learn 10 more words.

2. I want to learn all my spelling words.
Why? Learning all spelling words on a specific list is measurable.
Change it? Doesn't need to be changed.

3. I want to know how to multiply.
Why? _____
Change it? _____

Are you S.M.A.R.T?

Is the goal Realistic?

Give some examples of realistic goals:

Right now I can write 4-5 sentences.
I want to be able to write a paragraph.

Give some examples of unrealistic goals:

I want to know all the words I read.
I want to memorize all my addition facts.

Why is it important to set realistic goals?

Unrealistic goals will be so difficult to reach that it becomes easier just to give up.

Definition

having a good idea of what can be achieved

Characteristics

close to where I start
different for everyone
I can do it!
10% of my start

Examples

- right now, I can write 4-5 sentences. I want to be able to write a paragraph
- right now, I can read 65 cwp. I want to read 100 cwp.

Realistic

Non-Examples

- I want to know all the words I read.
- I want to memorize all my addition facts.

Realistic

NOT Realistic

Understand everything that I read.	I can jump rope for 30 seconds. I want to jump rope for one minute.	Do 100 more math problems each day.
can add on my 9's. I want to know all my addition facts.	I can read 40 wpm. I want to read 90 wpm.	I want to read chapter books.
fast, I want to read the track notes.	I can write 3-4 sentences about a topic. I want to write in a paragraph.	I have 20 AR points. I want to earn 25 AR points.
and 100	I want to learn all my division facts.	I want to learn words that start with sh and ch.
Read every book.		

TEACH STUDENTS TO REFLECT AND THINK ABOUT THE EFFECTIVENESS OF THEIR GOALS

Are YOU S.M.A.R.T?

Is the goal Measurable?

Determine whether the goal is measurable. Prove why it is or is not measurable. If it is not measurable, make it measurable.

1. I want to learn more words. measurable NOT measurable

Why? The goal is not specific enough

to be measured

Change it? I want to learn 10 more words.

2. I want to learn all my spelling words. measurable NOT measurable

Why? Learning all spelling words on

a specific list is measurable.

Change it? Doesn't need to be changed.

3. I want to know how to multiply. measurable NOT measurable

Why? _____

Change it? _____

NOT Realistic

Read every book in the library.

Understand everything that I read.

Do 100 more math problems each day.

I can add on my fingers. I want to memorize all my addition facts.

I can jump rope for 30 seconds. I want to jump rope for five minutes without stopping.

I can't run fast. I want to run around the track in 5 minutes.

I want to learn all my division facts.

Realistic

I can jump rope for 30 seconds. I want to jump rope for one minute.

I have 20 AR points. I want to earn 25 AR points.

I can write 3-4 sentences about a topic. I want to write in a paragraph.

I want to read chapter books.

I want to learn words that start with sh and ch.

I want to read two-syllable words.

I want to read 100 books!

HANDS-ON MULTI-SENSORY ACTIVITIES

Measurable

Run around the track in 5 minutes.

Learn my plus 0, 1, 2 facts.

Learn how to do add.

Learn how to solve multi-step word problems.

Get "green" all week!

Remember to put periods at the end of my sentences.

Jump rope for one minute without stopping.

Understand what I read.

Earn 25 AR points.

NOT Measurable

Pay attention to cool words when reading.

Write more.

Do more math problems.

Read better.

Read more books.

Behave better.

Learn the life cycle of a plant.

Write in paragraphs.

Read with expression.

INCLUDES POSTERS AND GOAL SETTING ARROW

SMART GOALS

Specific Good goals are clear and defined. If your goals are too general they will be hard to accomplish.

Measurable You must be able to measure your progress toward your goal so you know when you have reached it!

Action Plan Set an action plan that tells what you are going to do!

Realistic Make sure that your goal is not too hard or too easy!

Time Limit Think about what you want to accomplish in the next couple of weeks.

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MY S.M.A.R.T. GOAL

I want to _____

To help me achieve my goal, I can _____

To meet my goal, I will _____

I met / did not meet my goal on _____

WHAT TEACHERS ARE SAYING ABOUT THE GOAL SETTING LESSONS!

★★★★★ Extremely satisfied

This is a great way to teach students about making SMART Goals. I have been using it for a few years and the kids really understand the ideas at the end. Thank you.

★★★★★ Extremely satisfied

This resource outlined exactly how to write specific and measurable goals in a clear and concise way. The sorting activity and rewriting of general goals helped my students focus their own goal writing for the coming half year. Thank you!

★★★★★ Extremely satisfied

This has been a super helpful resource. I am very new to teaching and wanted to find something to assist me with teaching goal setting. It has helped me slow down and actually teach my kids HOW to set a goal instead of just telling them to set a goal!

★★★★★ Extremely satisfied

I love this resource! It helps my students be accountable for their own goals! The system makes sense to them and I love that they have to implement an actual plan! Thank you for your hard work and creativity! :)

★★★★★ 5.0

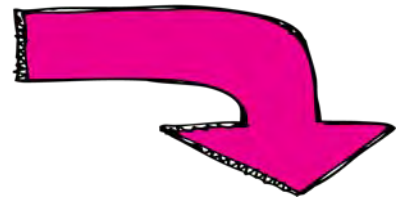
I LOVE that you give examples and non-examples for "realistic" and "specific" because those were the two parts of SMART goals that tripped up my fourth graders last year. I can't wait to use this when we start in September. Thank you!

★★★★★ Extremely satisfied

Great resource to help students understand goal setting. I used it before students made their student goals for their learning. The materials were very teacher friendly and the students enjoyed using them.



SMART Goal
Setting
Forms ALSO
available on
my website
for FREE

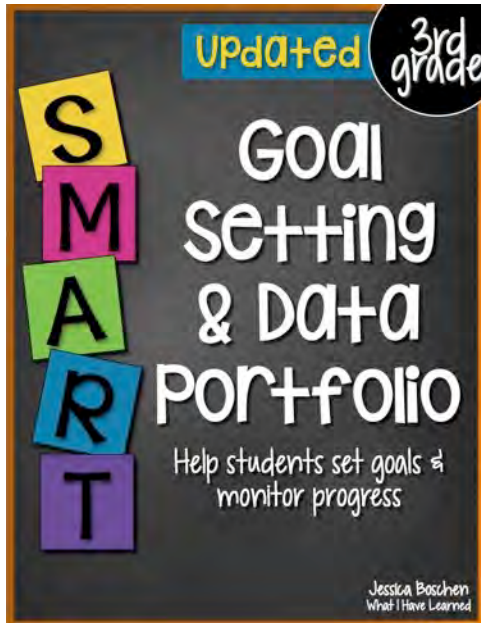
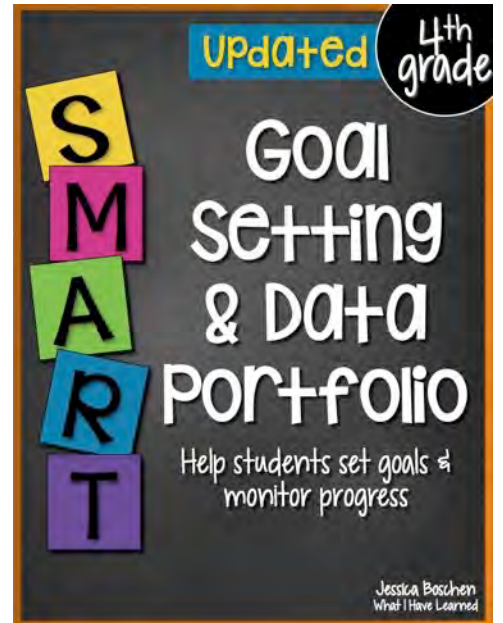
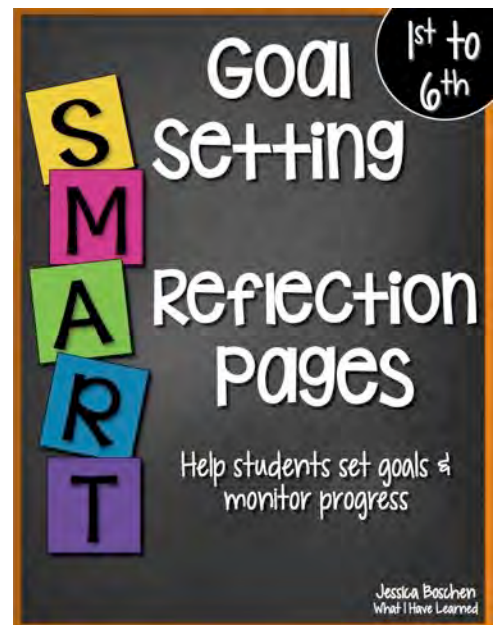


My **SMART** GOAL

I want to _____

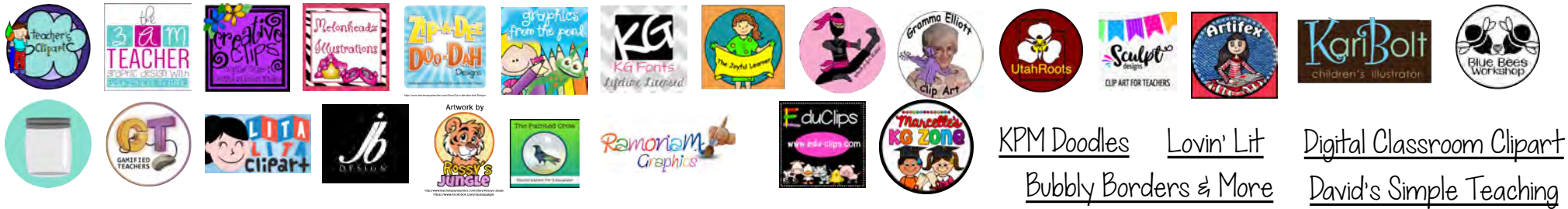
by _____

so I will _____ to meet my goal.



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WHAT I have
LEARNED



WORD PROBLEMS	CURRICULUM MAP TEMPLATE	ADDITION & SUBTRACTION
<p>This is perfect for teachers whose students struggle solving word problems. Have you ever thought of removing the numbers from word problems? Great for first and second grades.</p>	<p>Do you struggle with long range planning? This curriculum map template will get you started on planning for your whole year!</p>	<p>Two-digit addition and subtraction can be tricky for students. Here is a sample of resources to help them explore different models and strategies.</p>
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Email*: <input type="text"/>	Email*: <input type="text"/>	Email*: <input type="text"/>
What Grade Do You Teach?*: <input type="text"/>	What Grade Do You Teach?*: <input type="text"/>	What Grade Do You Teach?*: <input type="text"/>
Grade (choose the best fit): <input type="text"/>	Grade (choose the best fit): <input type="text"/>	Grade (choose the best fit): <input type="text"/>
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