

Week 2

Goal setting

As the group continues to evolve into a learning community, this week's activity is designed to support learners in defining and setting personal goals for the Learning Circle. These goals will become the focal point of the weekly check-in for subsequent weeks.

CHECK-IN (10 MIN)

- Recap last week's plus/delta
- Start **stand-ups** this week. Go around and ask learners to share "what I worked on last week, what I am working on this week, and what I'll need help on."

ACTIVITY: GOAL SETTING (10 MIN)

Goal setting and sharing is a powerful tool to help learners craft group identity, increase motivation, and build confidence. By setting goals early, learners will be able to refer to these on a weekly basis to track their progress over time.

- **First:** Ask the learners to spend 5 minutes writing down one or two major learning goals for themselves for the Learning Circle. Encourage them to look through the course syllabus online to help identify course goals that resonate with them, or identify other personal goals they might have. Prompt learners with this question:
 - "What do you want to know or be able to do by the end of this course? Some examples are "I want to do all of the readings, or I want to complete the final project, or I want to help everybody in the Learning Circle at least once." These are all good goals because they are specific, difficult yet achievable in 6 weeks, and have clear checkpoints that you can make progress towards each week."
- **Next:** Have learners break into small groups of 3-4 or come together as a larger group (if there are less than 6 people) to share their goals. As each learner presents, the group should help them improve their goals by making them more specific, at a reasonable level of difficulty, and with clear checkpoints. Examples of questions they might ask include:
 - What specific actions can you take to reach your goals? How can we help?
 - Can you break down your goals to checkpoints so that you can see progress each week?
 - Do you think this goal is reasonable in 6 weeks?
- **Finally:** Have each individual write down their individual goals and checkpoints somewhere, and keep a master list yourself that you can refer back to over time. Let everybody know that starting next week, learners will share their goal at the beginning of each Learning Circle.

COURSEWORK (65 MIN)

Check in with learners who didn't seem confident about their goals to see how they are progressing.

PLUS/DELTA (5 MIN)

Ask learners to share one thing that went well for them today, and one thing that they would like to change for next week.

FEEDBACK (AFTERWARDS)

Send a wrap up email to all the learners including a quick summary of the session, the plus/delta feedback, a summary of the goal setting activity, and anything else you want the learners to remember for next week.