This activity provides students with various questions that they should consider when beginning to set personal goals.

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| --- | --- | --- | --- | --- | --- |
| **Teacher Led** |  | **Requires Computer** | **X** | **Requires myBlueprint.ca** | **X** |

**LEARNING GOALS:**

1. Students will identify S.M.A.R.T. goals and create 3 of their own.
2. Students will reflect and answer questions based on their goals

**MATERIALS:**

* Computers, tablets or mobile devices
* **Handout [A] - Activity Worksheet**
* **Handout [B] - Goal Setting**

**GETTING STARTED:**

1. Have students visit [www.myBlueprint.ca](http://www.myBlueprint.ca), and enter their email and password to log in.

* **Forgotten password?** Students can reset their passwords by clicking on the ‘Forgot your password?’ link in the green Existing User box.
* **Forgotten email?** As a teacher/counsellor, you can reset your students’ emails and passwords in your Student Manager or My Classes.

**INSTRUCTIONS:**

1. Student login in to their MyBlueprint account and open “MyBlueprint Goal Setting Activity”. Complete **Handout [A] - Activity Worksheet** and guide students through the S.M.A.R.T goals and Goal Tasks activity.
2. Provide students with **Handout [B] - Goal Setting** to create 3 goals in myBlueprint **Goals** using the goal guidelines of **Handout [A]** and complete the subsequent reflections.
3. Students are to work independently for the first portion and then may find a partner to share their goal and answers to the questions.
4. **Upon completion, students need to save Handout A and Handout B in their Career Education 8 Portfolio.**

**HANDOUT [A] - ACTIVITY WORKSHEET**

**Use the following guidelines to help you create achievable goals!**

ARE YOUR GOALS S.M.A.R.T.?

S – **Specific**: “Do well in Math” 🗷 “Get 80% in Math” 🗹

M – **Measureable**: “Get healthy” 🗷 “Exercise for 30 minutes twice a week” 🗹

A – **Achievable**: “Bank $500,000 a month” 🗷 “Bank 10% of what I earn this year” 🗹

R – **Realistic**: “Become a rock star” 🗷 “Learn how to play the guitar” 🗹

T – **Timely**: “Finish Halloween costume” 🗷 “Finish Costume by October 15” 🗹

*Review the following goals and change them into S.M.A.R.T goals using the guidelines above:*

“Do well in school” 🡪 Receive above 80% in all school subjects. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Get a job” 🡪 \_Learn how to be a mathematician. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Workout more” 🡪 \_Exercise an hour a day. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Save enough for university” 🡪 Work hard enough to save enough money. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Finish university application” 🡪 Work on the university application every day.

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“Win an Oscar Award” 🡪 Try your best into winning the Oscar award. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Goal Tasks: How will you achieve your goal?**

“Get 80% in Math” 🗹 Task: Find a math tutor.

“Exercise for 30 minutes twice a week” 🗹 Task: Get a gym membership.

“Bank 10% of what I earn this year” 🗹 Task: Spend less money on clothes.

“Learn how to play the guitar” 🗹 Task: Practice for 30 min. a day.

“Finish Costume by October 15” 🗹 Task: Spend 1 hour on the costume 3x / week.

*Review the following goals and write down specific tasks for them using the guidelines above:*

“Find a part-time job for the summer” Task: You have completed all your studies \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**“**Volunteer 3 hours a week” Task: Get a volunteering membership. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**“**Save at least $1000 by September” Task: Word hard for your studies and achievements. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Read at least 3 books per month” Task: \_Practice reading to improve your reading comprehenshion \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Bike to school every day” Task: \_Practice biking 30 minutes a day. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HANDOUT [B] - GOAL SETTING**

1. Select **Goals** from the navigation menu and click **+ Add Goal**.
2. Add **THREE (3) Goals** (with a description, goal type, and timeframe), and add at least TWO (2) tasks (**Action Plan)** for each goal to outline on how you plan on achieving these goals.
3. Answer the **three (3) reflection questions** below.

Which goals are most important to you and why?

The goals that are most important to me are to read more books every day because I don’t get very good grades in reading and writing and this is what I need to work on. Asking questions is another thing I personally need to work on. Sometimes, I am too shy too ask because then if I ask questions then everyone will get mad. One other goal I want to set is be more friendly because sometimes when I want to talk to my friends, I have a habit to not communicate to with them that much and I need to learn how to talk with them more rather than just saying hi. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How will achieving these goals help you in life?

By making more friends, I get to communicate with them, and get to be in groups with them and it will be great in the future. By improving on taking risks, I will get to be more confident and outgoing and optimistic wherever I am in a good shape. By also improving on my reading skills, I can work well with writing and improve in my studies. Working on these goals, I will do well in whatever I am doing. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why is writing out your goals and action plan important?

Writing out these goals is an important thing because, we all have some things we need to work on and there is no way no one can be best at everything. An action plan is also important and helpful because you need to find a way and write that in steps of how you are going to accomplish that goal when you have something to work on. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_