

### Lesson Plan 3: Setting Goals and Planning for Personal Growth

#### Objective:

Students will be able to create a personal development plan by setting SMART goals using ChatGpt

#### Why?

To empower students with the tools for self-directed growth and career preparation, harnessing their skills in critical thinking, problem-solving, and self-efficacy. considering peer feedback, and committing to actions that promote personal and career development.

Duration: 40 minutes

#### Opening (5 minutes)

Teacher Action:

- Begin with an immersive, interactive storytelling activity using ChatGPT: Type out a prompt asking ChatGPT to generate a story about a character achieving a difficult goal through SMART planning.

Write this prompt

***“Hey, I am teaching SMART goals in my class. It is a school in India, and grade level English comprehension is 2. You will be my assistant for the class. Now tell a story of someone from a local community who chose SMART goals. Keep it to 2 very small paragraphs and simple English for kids. Tell the actions through SMART goals.”***

- Display the response from ChatGPT using a projector or large screen and read it aloud to the class.

Student Action:

- Students listen to the story, thinking about the character's journey and the steps they took to reach their goals.

#### Information to New Material (10 minutes)

Teacher Action:

- Explain the concept of SMART goals using simple, relatable language and have ChatGPT generate a clear, concise definition and examples for each SMART goal component. Demonstrate this live or use a prepared transcript.

“Now give an example of SMART goals, first give wrong examples and then correct them, make it max 5 words sentences.”

- Break down each SMART goal element with real-life scenarios, for example, "I want to improve my drawing skills" can be made SMART by specifying "I will practice drawing one new animal every week for three months."
- Chatgpt will do it well, just explain it to students.

Student Action:

- Students work in pairs to brainstorm potential goals. Each pair comes up with a basic goal and types it into ChatGPT, asking the AI to transform it into a SMART goal.
- Students take notes on the response, considering how the AI reframed their original goal.

### **Guided Practice (10 minutes)**

Teacher Action:

- Form Groups & Assign Devices: Split class into groups, each with a device for ChatGPT.
- Draw & Explain Tree: Briefly describe the tree exercise: roots (strengths), trunk (skills), branches (goals), leaves (dreams). Focus on a career.
- Use ChatGPT: Show how to ask ChatGPT to suggest strengths, skills, and goals related to their chosen career.

Student Action:

- Pick a Career & ChatGPT Questions: Choose a career. Start a ChatGPT session to explore relevant strengths and goals.
- Draw & Label Tree: Create the tree diagram based on ChatGPT suggestions and group discussion.
- Discuss & Record: Share insights within the group. Note how strengths support career goals.

### **Peer Review (10 minutes)**

Teacher Action:

- Ask students to pair up with someone from a different group to exchange and tell about each other trees
- Ask them to remember one thing they liked about it and one thing they didn't.
- Ask them to make a proper tree with small steps they want to achieve. Ask ChatGpt to make the goals smart for them.
- Make it easier for them to understand and break down.

Student Action:

- Students will share what they liked about it

### **Reflection and Closing (5 minutes)**

Teacher Action:

- Ask students to reflect on the process of using ChatGPT for setting goals and to consider the role of technology in personal development.
- Invite students to commit to one action they will take today towards their goal, using a prompt such as, "ChatGPT, remind me why it's important to take small steps towards a big goal."

Student Action:

- Students share their reflections on using AI for goal setting and identify one small action they can perform that day to progress toward their SMART goal.

Homework: Conclude on using Chatgpt as a tool, and tell them to make a small plan using Chatgpt for the next few months and make the plan SMART.