

**M3 Lesson 1: Revisiting (and Adjusting) Your Goals**

Core Competencies:

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| * Communication
 | * Thinking
 | * Personal & Social
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Big Ideas:

* Achieving our learning goals requires effort and perseverance.

Curricular Competencies:

* Set and achieve realistic learning goals with perseverance and resilience.
* Use self-assessment and reflection to develop awareness of their strengths, preferences and skills

In this lesson, students learn the importance of setting goals and how to differentiate between different risk levels when setting goals. Using myBlueprint, students will then revisit their goals from Grade 8 and adjust them as necessary for their Grade 9 year.

For Students:

***Psst...remember me?***It's your goals...you know, the ones you thought you left back in Grade 8 and thought you could just ignore or forget about for a while? Well, we're back! That's just it, we never go away...we will always be here until you remember us again! You may be thinking "*I've learned about goal setting, I don't need to again*", but just think of this lesson as being part of the 10,000 hours required to become a master at something! In this lesson and assignment, we will have a short review on the importance of goal setting, and revisit those goals from last year, check in to see our progress, and adjust them as necessary.

Being able to break down dreams into achievable steps is an important skill. Even more important is the need to make these steps a reality. Enter goal setting.

Setting goals and achieving them is often a mark of leaders and those who find success in life. But to set them, first you need to develop a process of achievement that works for you.

Discuss these two questions as a class, or as think, pair and share:

*Why is it important to have goals in our lives?*

*How are goals different from dreams?*

There are many answers depending on your perspective, but in general terms, goals help us realize our dreams—they are the steps between us and what we imagine could be possible. Goals are different from dreams because they are more concrete and achievable. While I might dream of going to the moon someday, my goal for this year would be to get an A in math, which will assist my dream of being an astronaut.

Think of the process to break a dream down into manageable goals. A good goal is specific and objective, so it’s easy to tell when you’ve reached it. To begin, focus on short-term goals that can be accomplished in one year. Take a look below at the difference between a dream and a goal

**Dream:***I want to run in the Olympics*

**Goal:***I want to join the track team at school and run sprints*

The goal is something within reach, an achievement that can be measured in small steps.  By breaking a goal down into smaller steps, we can take on new and sometimes scary things in smaller pieces. One easy way to do this is to analyze each goal in terms of 3 Risk Zones:

* **Your Comfort Zone**: Feels easy to do and is familiar
* **Your Low Risk Zone**: Makes you feel a little nervous, but nothing that you can't handle
* **Your High Risk Zone**: The big step-you are drawing on skills and abilities that require you to go beyond what is familiar

It should look a little like the example below:

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| **Goal:**To be in a school play |
| **Comfort Zone:** Talk to members of the drama club and find out what it’s like |
| **Low Risk Zone:** Talk to the drama teacher about what it takes to audition |
| **High Risk Zone:** Audition for the next play |

Now it's your turn to turn a dream into a realistic and achievable goal! Think of what inspires you, what makes you feel accomplished and brings happiness and satisfaction to your life. Take a look at the suggestions below too!

* Athletics - Is there a sport or activity that you take seriously and want to take to the next level?
* Academics - What about a subject, area of learning or grade that you want to develop?
* Skills - Perhaps there is a job that you need to build a skill set for or a passion that requires expertise that you can set goals for?
* Personal - In your own life, is there a relationship, partnership or individual attribute that you wish to grow?

Before you set up your goals using the Risk Zone process detailed above, check out the following YouTube video on goal setting:

<https://www.youtube.com/watch?time_continue=1&v=8cCiqbSJ9fg>

As the video notes, goals can be achieved by measuring progress and adjusting your course as you move along the days of the week or the months of the year. Let's put this into practice by celebrating or adjusting the goals we set last year in CLE 8.

Assignment:

Anything that we leave in a corner will gather dust, and in today's assignment, you will dust off your goals from last year take another look at your progress. Perhaps you have achieved or made great progress on your goals, and there is need to celebrate! Perhaps life got busy and you prioritized other things in your life ahead of these goals...that's okay too! And maybe these goals aren't relevant in your life anymore and it is time to start new ones. Either way, it's good practice to reacquaint yourself with your goals, as sometimes our memory needs a bit of jogging!

1. Log into myBlueprint and under the "Home" sidebar, open "Goals".
2. Read through the goals you set last year, and either mark them as "Completed" - (yay you!) or edit them as needed. Please add to the time needed for you to complete your goal, and ensure you have at least three tasks to support your goal.
3. Make at least five goals for yourself for this school year. Your goals can support any category: educational, personal, physical, extra-curricular. It's up to you! Please make sure that your five goals have at least 3 tasks to support them.
4. When you are finished adjusting your goals, please compete a journal entry of approximately 500 words using the following guiding questions:
* When revisiting your goals, did you find that any were still in progress or completed? Did you find that your goals were still relevant to your life, or not?
* Briefly describe the goals and tasks you have set out for yourself this year. Are there any commonalities between your goals, or are they quite diverse?
* What do you think are the biggest challenges you have in conquering your goals?
* What advice would you give to a friend who was looking to achieve goals similar to yours?
* What habits do you think you need to change or make in order to support your goals?
* What is the best way to celebrate completed goals?

Always remember that good goals should require effort and perseverance in order to achieve. Don't ignore your goals; dust them off and revisit them often...they will help you on your career life journey!

Assessment:

