

Lesson: Module 2 Lesson 1

Topic: Goal-Setting for College

Objective: The student will set at least 4 goals for college.

Lesson Element	Procedures	Materials
Lesson Setup & Lesson Opening	<p>Ask students to think and share about times in the past when they had to set goals for themselves and work diligently to meet those goals (e.g., long-term assignment, senior project, sports championship, weight loss, fitness goals, etc). Similar to these examples, a college degree can only be earned by deliberate and consistent goal setting, followed by direct and sustained steps toward achieving those goals. Module 2 is designed to discuss ways in which students can be proactive about establishing positive goals for the post-secondary setting and different campus communities that can be a part of meeting those goals.</p> <p>All goals are based on a clear understanding of ourselves. To prime this information for students before beginning the lesson, have them brainstorm information about their personal strengths and challenges (academic and nonacademic). They can use the top two boxes of the Goal-setting Worksheet to note their ideas.</p>	<p>Power Point File Module 2 Lesson 1</p> <p>Goal-Setting Worksheet</p> <p>Sample Completed Goal-Setting Worksheet</p>

Lesson Body

Teacher Input

College freshmen may be taken off-guard by the amount of time and independence that they suddenly find afforded to them once they move away from home and to the college campus. Without deliberate attention to establishing some fairly clear goals along with concrete steps in a plan to accomplishing those goals, it is easy to get lost in the sea of campus opportunities. The following are several areas in which advance planning and goal setting can be beneficial. For the purpose of discussion, the goals are subdivided under four broad headings: Academic Goals, Social Goals, Health/Wellness Goals, and Daily Living Goals.

Academic Goal Considerations

- Getting started academically on campus
- Academic campus resources(e.g. finding and utilizing disability support resources)
- Time management and organization
- Communication with faculty members
- Communication with peers
- Study skills
- Self-advocacy
- Other

Social Goal Considerations

- Getting started socially on campus
- Social campus resources
- Communication with family
- Communication with peers
- Hobbies and interests
- Time management
- Other

Health/Wellness Goals

- Getting off to a healthy start on campus
- Health and wellness campus resources
- Nutrition and healthy eating
- Sports and athletics/intramurals
- Fitness
- Spirituality

Extended Practice	Give each student a copy of a blank goal sheet and ask that they fill in goals that they would set for themselves considering the post-secondary setting they plan to attend. This will be different from student to student in relation to different community college or college settings.	Goal Sheets for each student
Lesson Closing	Review the 4 goal categories and considerations for each. If time permits, students can share their goals with the group. This discussion may generate ideas for some students that they had not considered.	