

COURSE: CHILD DEVELOPMENT

Submitted by Kathy Peterson

Students discuss the importance of setting goals, then set goals, and keep a record of their achievements.

ANNOUNCEMENTS

Today we will explore the things that make us who we are today and how future goals can change our lives.

OBJECTIVES

Students will be able to ...

Objective 1

Identify skills needed to develop and strengthen interpersonal relationships.

- a. Identify traits needed to develop (positive and supportive) friendships.
- b. Examine the effect of personal behavior on relationships
- c. Discuss the effects of positive and negative peer pressure.
- d. Practice skills that strengthen and support positive family relationships.

Objective 2

Discuss values, goals, decision-making and personal responsibility.

- a. Identify personal values, (needs vs. wants), goals and the effect upon personal decisions.
- b. Discuss and apply the decision-making process to personal life.

Objective 3

Identify strategies for adapting and coping through challenging teen issues.

- a. Identify challenging issues for teens, their friends and family members.
- b. Identify and apply positive strategies and support systems for adapting to change. (Families, extended family, friends, community, etc.)

MATERIALS NEEDED

BOOK: "OH, THE PLACES YOU WILL GO"

LESSONS

GOAL SETTING

Have the students read the book: "Oh, the Places You'll Go", Dr. Seuss

Discussion:

Have the students identify a person in the community or someone within their families who has accomplished a goal in spite of obstacles. How did the person's attitude make it easier to reach his or her goals? Have students share their stories with the class.

Have students use their own paper or pass out the worksheet "Target Your Short-Term Goals." Assign students to set a goal that they can reach in 7 days. Have the students write the goals and the related short-term goals needed to reach the final one. Have them seal their papers in an envelope that they will open in 8 days. After 8

Worksheet:

SHORT TERM GOALS

Define goal:

1. Do you think you can reach your goal?
2. Who will benefit/gain from this goal?
3. Is this an easy or hard goal? Why?
4. What will you gain, learn and or improve by meeting this goal?
5. What difference will it make in your life or the lives of others?
6. How will you feel about accomplishing this goal?

LONG TERM GOALS

Write down a goal that you can accomplish in 14 days.

GOAL: _____

1. Make a list of things you need to do in order to achieve your goal
2. Answer the following questions:
3. What days are you going to work on your goal?
4. How long will you work on your goal each day?
5. When (what time of day) will you work on your goal?
6. Where (place/room) will you work on your goal?
7. What improvement will you see from the beginning of your goal to the end?
8. What will you do to help you remember to work on your goal?
9. How will you know you have reached your goal?

Teacher's initials _____

TWO-WEEK GOAL DAILY RECORD SHEET

List your two-week goal on the line below:

Use this sheet to record your daily progress. Keep a daily list of what you do to reach the goal. **DO NOT LEAVE ANY SPACES BLANK.** Write “nothing scheduled” if you are not supposed to work on your goal for that day. My two-week goal is:

Date	Day of the week	What I did to help me reach my goal

1. Did you reach your goal? YES NO Why? (What helped you attain the goal or what hindered you?)

If you answered YES, how can you continue your improvement? If you answered NO, what do you need to change in order to reach your goal? _____

2. List the people who benefited from your goal. _____
Why or how? _____

3. Was this a realistic goal for you to reach in 14 days? YES NO Why?

4. What did you learn about yourself by working on this goal? _____

5. What difference did it make in your life or the lives of others? _____

6. A time in your future that you look forward to is

7. You hope one of your greatest successes in life will be

8. Your most important goal for the future is

9. What is one thing you learned about setting goals? _____

“It must be borne in mind that the tragedy of life doesn’t lie in not reaching your goal. The tragedy lies in having no goal to reach. It isn’t a calamity to die with dreams unfulfilled, but it is a calamity not to dream. It is not a disgrace not to reach the stars, but it is a disgrace to have no stars to reach for. Not failure, but low aim is a sin.”
Quotable Quotes of Benjamin E. Mays

PARENT/GUARDIAN SIGNATURE _____