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For the Classroom

College and Career Readiness: Goal Setting

Discussion Questions

- What are some of your short-term goals?
- What are your longer-term goals?
- In what ways might shorter-term goals impact the success of your longer-term goals?

Activity: Mapping Long-Term Goals

Students will learn the importance of goal setting while setting specific, long-term goals for themselves.

PROCEDURE

1. Begin this session by determining, as a group, the timeframe for a long-term goal. This might represent the end of senior year of high school, the completion of college, or a certain age (i.e., age 18, 21, 25 or 30.)
2. Have students take out a piece of paper and something to write with. Have students fold piece of paper in half horizontally once, and then in half, twice. Creating 8 boxes.
3. Tell students they are going to think of a long-term goal for themselves and come up with a procedure of how they are going to accomplish this goal. Explain to them that without steps, they will never get there.
4. Have students write their goal in the bottom, right box.
5. In the other boxes, starting with the top, left, they should begin writing steps of how they are going to achieve their goal.
6. Explain to the students, this is a map they will follow to get to their final destination.
7. When time is up, have students share their maps with the class. They can also take those folded papers and place them in a pocket or planner as a reminder of this exercise.