



 **TeacherVision**

# Back to School Goal Setting Activities

BY SARA MCCARTHY

This resource has been created for



by



If you have any questions,  
let me know!

*Sara*

# BACK TO SCHOOL: GOAL SETTING FOR HIGH SCHOOL

PAGE	RESOURCE	DESCRIPTION	TEACHING TIPS
3	The Big Picture	Graphic organizer to encourage reflection on priorities over the next 5-10 years.	<ul style="list-style-type: none"> <li>• Use this resource to encourage students to think about their future direction.</li> <li>• Some students may require additional suggestions &amp; examples.</li> <li>• Explain to students that to reach these large goals they will first need to set &amp; be successful in many smaller goals – such as passing this course.</li> </ul>
4	Semester Goals: Brainstorm	Graphic organizer for brainstorming possible course goals.	<ul style="list-style-type: none"> <li>• Explain to students that we are focusing on smaller/shorter term goals that will hopefully help them meet those goals they identified on the previous handout.</li> <li>• Explain to students that the ultimate goal is to pass this course and this sheet is for brainstorming smaller goals that will help them achieve this.</li> <li>• Encourage students to write down anything they can think of.</li> </ul>
5-8	Goal Plans	Graphic organizers to write goals as SMART goals & create action plans.	<ul style="list-style-type: none"> <li>• Explain to students the importance of setting SMART goals.</li> <li>• Students will likely require assistance writing goals that are specific. You may need to provide additional examples. “Passing the course” is not a specific goal. Encourage students to think about what goals are necessary to successfully pass the course (ex. taking notes, paying attention &amp; participating in class, getting enough rest, etc.).</li> <li>• Students will also likely need help determining how to realistically measure their goals. For example, is it reasonable to assume a student who gets 5 hours of sleep per night will be successful setting a goal of 8 hours of sleep a night, 7 nights a week?</li> <li>• Likewise, students may also need help creating action steps. For example, leaving their cellphone outside of their bedroom for the night would be an action step for getting more sleep.</li> <li>• The teacher may wish to make a copy of these goals &amp; steps to hold onto in case students lose their copy.</li> </ul>
9	Check-In Reflection	Check in half-way and at the end of semester to gauge personal progress.	<ul style="list-style-type: none"> <li>• This reflection is meant to be completed at least once half-way through the semester. It could be completed more often, weekly or monthly, if you wish.</li> <li>• You may ask to collect these and return them with feedback and/or suggestions to help students successfully reach their goals.</li> <li>• These reflection sheets could be discussed at parent-teacher meetings.</li> <li>• If students feel they have successfully reached this goal and made it part of their routine encourage them to create a new goal.</li> </ul>

## THE BIG PICTURE: 5-10 YEAR GOALS

What are your **LIFE** priorities?

List at least 2.

Ex. Do you want to live in a certain city? Own 2 dogs?

Live in a tiny house by a lake?



What are your **CAREER** priorities?

List at least 2

(1 can be a backup plan).

Ex. Do you have a particular job in mind? Does it require more training?

What are your **BUDGET** priorities?

List at least 2.

Ex. Do you want to own a fancy sports car? Do you want to go on lots of faraway vacations? Or just spend on essentials & save the rest?



Are these attainable? That is, does your career support your life & budget priorities?

## SEMESTER GOALS

The majority of jobs  
require a

**HIGH SCHOOL  
DIPLOMA.**

To get your high school  
diploma you probably  
**NEED THIS COURSE CREDIT.**

What **GOALS** will help  
you **PASS** this course  
& **GET THE CREDIT?**

### **BRAINSTORM**

some personal goals  
for this course.

#### Examples:

- Go to extra help.
- Hand in assignments.
- Review for assessments.



# GOAL #1



Choose **ONE GOAL** from your brainstorm list & write it below.

[Blank white box for writing a goal]



Rewrite this goal so it is **MORE SPECIFIC**.

For example: Instead of “pass in assignments” write “pass in assignments *on time*.”

[Blank white box for rewriting the goal]



How will you **MEASURE SUCCESS**? Example: Is your goal to pass in 50% of your assignments on time or 100% of your assignments on time? **Be realistic!**

[Blank white box for measuring success]

## GOAL #1: ACTION PLAN

List at least **THREE ACTION STEPS** to help you reach your goal.

Example:

- Enter assignment due dates in my smart phone calendar.
- Set a smart phone reminder about upcoming due dates.



Three empty rounded rectangular boxes are arranged horizontally, connected by two right-pointing arrows. The first arrow is between the first and second boxes, and the second arrow is between the second and third boxes. This layout is intended for students to write their own action steps.

## GOAL #2



Choose **ONE GOAL** from your brainstorm list & write it below.



Rewrite this goal so it is **MORE SPECIFIC**.

For example: Instead of “pass in assignments” write “pass in assignments *on time*.”



How will you **MEASURE SUCCESS**? Example: Is your goal to pass in 50% of your assignments on time or 100% of your assignments on time? **Be realistic!**

## GOAL #2: ACTION PLAN

List at least **THREE ACTION STEPS** to help you reach your goal.

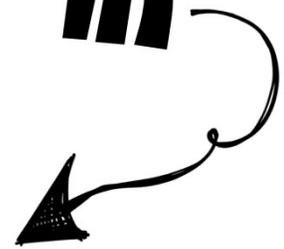
Example:

- Enter assignment due dates in my smart phone calendar.
- Set a smart phone reminder about upcoming due dates.



Three empty rounded rectangular boxes are arranged horizontally, connected by two right-pointing arrows. The first arrow is between the first and second boxes, and the second arrow is between the second and third boxes. This layout is intended for students to write their own action steps.

# Check In



What are you doing to help yourself be **SUCCESSFUL**?

**MEASURE**  
your progress.  
How are you doing?

**ACTION STEP 1:** Has this been helpful? Explain.

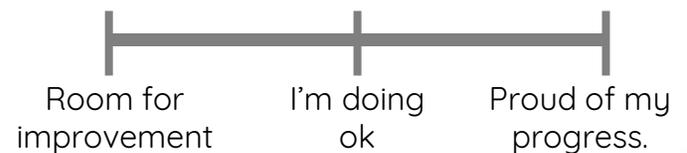
**REWRITE GOAL #1**  
BELOW:

What are you finding the most **CHALLENGING** about meeting this goal? Explain.

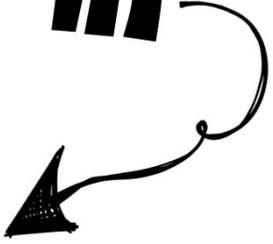
**ACTION STEP 2:** Has this been helpful? Explain.

**ACTION STEP 3:** Has this been helpful? Explain.

OVERALL, HOW DO YOU FEEL ABOUT YOUR PROGRESS?



# Check In



What are you doing to help yourself be **SUCCESSFUL**?

**MEASURE**  
your progress.  
How are you doing?

**ACTION STEP 1:** Has this been helpful? Explain.

**REWRITE GOAL #2**  
BELOW:

What are you finding the most **CHALLENGING** about meeting this goal? Explain.

**ACTION STEP 2:** Has this been helpful? Explain.

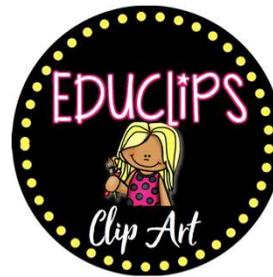
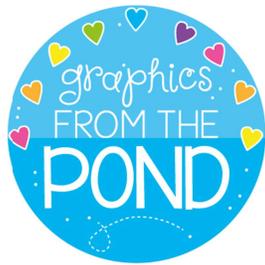
**ACTION STEP 3:** Has this been helpful? Explain.

OVERALL, HOW DO YOU FEEL ABOUT YOUR PROGRESS?

Room for improvement      I'm doing ok      Proud of my progress.

# CREDITS

Thank you to the following creators for providing the frames & flourishes used in this resource



This resource was created for

 **TeacherVision**<sup>®</sup>

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