

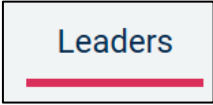



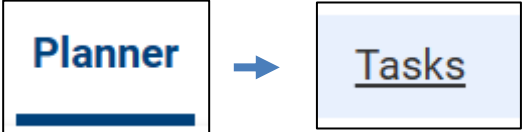
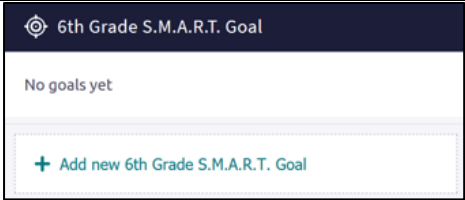
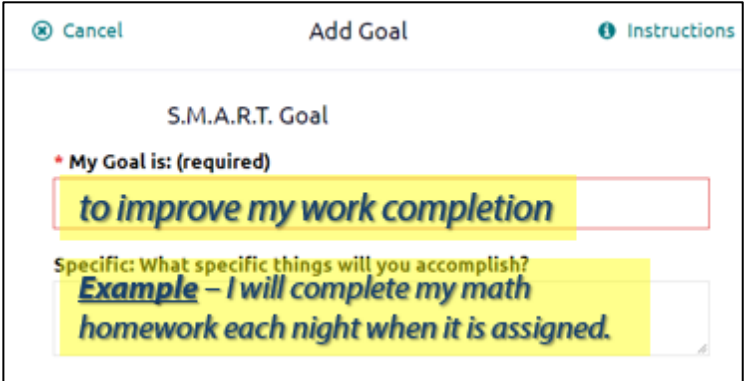


Making Goals Specific

<p>What is the difference between a goal and a wish?</p>	<p>Wish: to want (something) to be true or to happen</p> <p><i>Example: I want to get a better grade in math.</i></p> <p>Goal: something that you are trying to do or achieve</p> <p><i>Example: I will complete my math homework each night when it is assigned.</i></p>										
<p>What is a S.M.A.R.T Goal?</p>	<p>“A goal without a plan is just a wish...” Antoine De Saint-Exupery</p> <table border="1"> <tr> <td>S_{PECIFIC}</td><td>What <u>exactly</u> is it you want to achieve?</td></tr> <tr> <td>M_{EASURABLE}</td><td>How can you measure and track the progress of the goal?</td></tr> <tr> <td>A_{TTAINABLE}</td><td>Is it actually attainable in the given time frame?</td></tr> <tr> <td>R_{ELEVANT}</td><td>Is it something that you really want to do? Will it directly benefit you?</td></tr> <tr> <td>T_{IME BOUND}</td><td>When do you want to achieve this goal by?</td></tr> </table>	S _{PECIFIC}	What <u>exactly</u> is it you want to achieve?	M _{EASURABLE}	How can you measure and track the progress of the goal?	A _{TTAINABLE}	Is it actually attainable in the given time frame?	R _{ELEVANT}	Is it something that you really want to do? Will it directly benefit you?	T _{IME BOUND}	When do you want to achieve this goal by?
S _{PECIFIC}	What <u>exactly</u> is it you want to achieve?										
M _{EASURABLE}	How can you measure and track the progress of the goal?										
A _{TTAINABLE}	Is it actually attainable in the given time frame?										
R _{ELEVANT}	Is it something that you really want to do? Will it directly benefit you?										
T _{IME BOUND}	When do you want to achieve this goal by?										
<p>1. Log in to Naviance</p>	 → <div> <p>Username: district ID#</p> <p>Password: district password</p> </div>										
<p>2. Watch this RoadTrip Nation to see how Jesse Iwuji, NASCAR driver set and achieved his goal.</p> <p>Click Careers > Explore Roadtrip Nation Videos</p> <p>Click Leaders > J > Jesse Iwuji</p> <p>Scroll to the bottom to watch full video</p>	<div>  → Explore Roadtrip Nation Videos </div> <div>  → <div>  </div> </div> <div>  →  </div>										

Making Goals Specific

3. Discuss the following questions about the video	<ul style="list-style-type: none"> What is a goal Jesse had for himself? What obstacles or challenges did he have to overcome? Give an example of how he was specific when setting a goal for himself. 								
4. Specific goal ideas for you as a student	<table> <tr> <th>Goal: Work Completion</th><th>Goal: Staying Engaged</th></tr> <tr> <td>Completing work when time in class is given</td><td>Arrive to class on time and ready to learn</td></tr> <tr> <td>Write down due dates for assignments and projects</td><td>Ask questions when I am unsure or need help</td></tr> <tr> <td>Turning assignments and projects in on time.</td><td>Participate in class</td></tr> </table>	Goal: Work Completion	Goal: Staying Engaged	Completing work when time in class is given	Arrive to class on time and ready to learn	Write down due dates for assignments and projects	Ask questions when I am unsure or need help	Turning assignments and projects in on time.	Participate in class
Goal: Work Completion	Goal: Staying Engaged								
Completing work when time in class is given	Arrive to class on time and ready to learn								
Write down due dates for assignments and projects	Ask questions when I am unsure or need help								
Turning assignments and projects in on time.	Participate in class								
5. Write your 6 th grade S.M.A.R.T Goal. Click Planner > Tasks	 <p>Click the title of the task 6th Gr. – Create 6th Gr. SMART Goal</p>								
6. Click to add your new 6th Grade S.M.A.R.T Goal									
7. Start by making your goal specific , then fill in the remaining areas. When done, click the Add button									

Making Goals Specific

<p>8. Next, create at least 1 action step.</p> <p>Click +Define your next step</p> <p>Type one thing you can do in the next 1-2 weeks to help you work on your goal.</p> <p>Click Add</p>	<div data-bbox="1024 210 1312 285"><div>+ Define your next step</div></div> <div data-bbox="950 317 1385 888"><div>Cancel Add To-Do</div><div><div>To-Do</div><div>Start typing</div><div>140 characters</div></div><div>Associated with a goal or task</div><div>to</div><div>Priority</div><div><div>HIGH</div><div>MEDIUM</div><div>LOW</div></div><div>Due date:</div><div>Select date (optional)</div><div>ADD</div></div>
--	---