



Charting Your Course

<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>When pursuing your goal, you will encounter both positive and negative factors.</p>	<p>Factor: <i>Something that can influence my path to my goal.</i></p> <table border="1"> <thead> <tr> <th data-bbox="849 541 1166 625">Positive Factors</th><th data-bbox="1166 541 1482 625">Negative Factors</th></tr> </thead> <tbody> <tr> <td data-bbox="849 625 1166 1098"> <p>Things (such as thoughts, beliefs, events, situations, or people) that contribute to your chances of achieving your goals.</p> <p>Examples: encouragement from friends, help from teachers, growth mindset</p> </td><td data-bbox="1166 625 1482 1098"> <p>Things (such as thoughts, beliefs, events, situations, or people) that contribute to your chances of achieving your goals.</p> <p>Example: lack of support from others, stress, fixed mindset</p> </td></tr> </tbody> </table>	Positive Factors	Negative Factors	<p>Things (such as thoughts, beliefs, events, situations, or people) that contribute to your chances of achieving your goals.</p> <p>Examples: encouragement from friends, help from teachers, growth mindset</p>	<p>Things (such as thoughts, beliefs, events, situations, or people) that contribute to your chances of achieving your goals.</p> <p>Example: lack of support from others, stress, fixed mindset</p>
Positive Factors	Negative Factors				
<p>Things (such as thoughts, beliefs, events, situations, or people) that contribute to your chances of achieving your goals.</p> <p>Examples: encouragement from friends, help from teachers, growth mindset</p>	<p>Things (such as thoughts, beliefs, events, situations, or people) that contribute to your chances of achieving your goals.</p> <p>Example: lack of support from others, stress, fixed mindset</p>				
<p>1. Log in to Naviance</p>	<div>  <div> <p>Username: district ID#</p> <p>Password: district password</p> </div> </div>				
<p>2. Watch this RoadTrip Nation to see how Ward Hessig overcame obstacles to meet his goal.</p> <p>Click Careers > Explore Roadtrip Nation Videos</p> <p>Click Leaders > W > Ward Hessig</p> <p>Watch the clip Don't "What If" Yourself to Death</p>	<div> <div>Careers</div> <div>→</div> <div>Explore Roadtrip Nation Videos</div> </div> <div> <div>Leaders</div> <div>→</div> <div>W</div> </div> <div> <div>→</div> <div>Ward Hessig</div> </div> <div>  <div> <p>Don't 'What If' Yourself To Death</p> <p>Video</p> </div> </div>				

Charting Your Course

3. What are some **positive and negative factors** that the video talked about?

Positive Factors

Things (such as thoughts, beliefs, events, situations, or people) that contribute to your chances of achieving your goals.

Examples: encouragement from friends, help from teachers, growth mindset

Negative Factors

Things (such as thoughts, beliefs, events, situations, or people) that contribute to your chances of achieving your goals.

Example: lack of support from others, stress, fixed mindset

4. What is a S.M.A.R.T Goal?

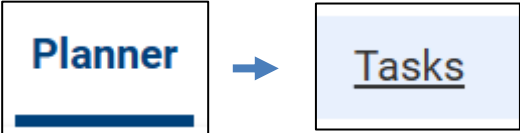
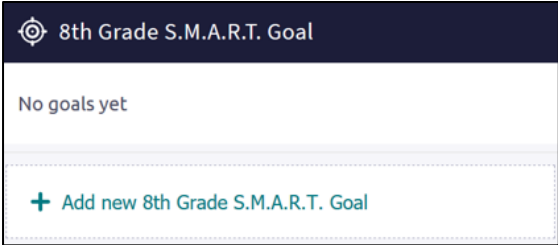
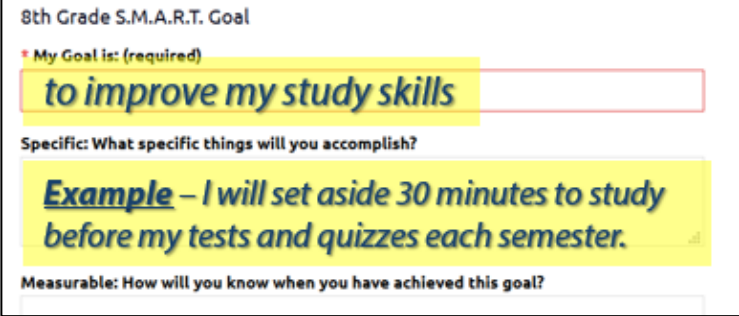
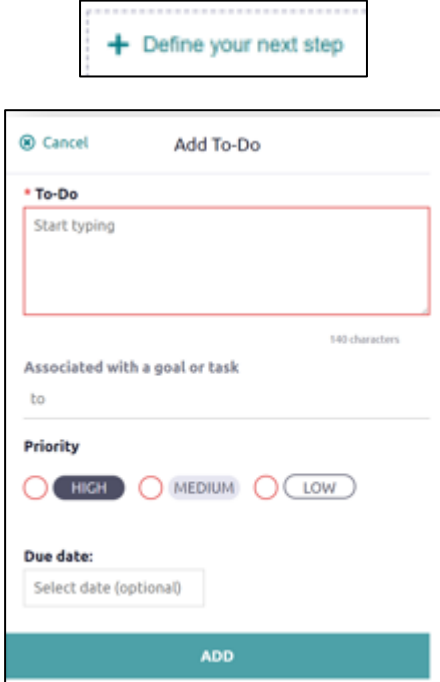
"A goal without a plan is just a wish..." Antoine De Saint-Exupery

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?

5. 8th grade goal ideas...

Time Management	Study Skills	Work Completion
I will write assignments and/or homework down so I remember	I will set aside time to study prior to a test/quiz	I will complete my work when time in class is given
I will find time and/or place to complete homework after school	I will make sure I know <u>what</u> to study when the teacher tells the class of an upcoming quiz/test	I will remember to write down due dates for assignments and projects
I will try to use extra time in class to reduce my amount of homework	Ask the teacher for additional help some if I am unsure or confused on some things	I will make sure I know where to locate assignments quickly when I need to turn them in
I will get up early enough so I arrive to class on time and am prepared with the supplies I need	Create study aids like flashcards or use online apps like Quizlet to help me prepare for a test/quiz	If I am absent, I will contact my teachers about assignments and ask for additional help/time if needed

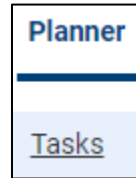
Charting Your Course

<p>6. Write your 8th grade S.M.A.R.T Goal.</p> <p>Click Planner > Tasks</p>	 <p>Click the title of the task 8th Gr. – Create 7th Gr. SMART Goal</p>
<p>7. Click to add your new 8th Grade S.M.A.R.T Goal</p>	
<p>8. Start by making your goal specific, then fill in the remaining areas.</p> <p>When done, click the Add button</p>	
<p>9. 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>	

Charting Your Course

10. Task Completion:

To complete the lesson, click **Planner>Tasks**.
Make sure the **8th Gr. - Create a 8th Grade S.M.A.R.T Goal** is listed under **Tasks you've completed**.



Tasks you've completed