

HSBP Gr. 7 Lesson 1 – 7th Grade S.M.A.R.T Goals

Lesson Tasks:

1. Create 7th Gr. S.M.A.R.T Goal
2. GR 7 Lesson 1 Survey – S.M.A.R.T Goals

<p>Prepare:</p>	<ul style="list-style-type: none"> • Need sticky notes for each class • Copy goal idea handouts for all students • Bring extra pencils for students as a “backup” <p>*Get to the classroom 10 MINUTES prior to the end of the previous class period and pull up the presentation.</p> <p>*Also log into your DEMO Account and get Roadtrip Nation video ready (CHECK VOLUME!)</p> <ul style="list-style-type: none"> • Go to Careers tab>Roadtrip Nation>Explore More>Themes>Goals>Marshawn Evans <i>You Define You (1:13)</i> <p>*Put up SLIDE 1 so students will see it as they walk in the door</p>
<p>(10 min.) Lesson Launch:</p>	<p>*(STAND AT THE DOOR TO THE CLASSROOM!)*</p> <p><i>As students walk in the door, give each of them a sticky note and <u>verbal directions to check the instructions on the screen.</u></i></p> <p><i>On the sticky note, students need to write their answer to the question, what is one challenging thing about being in middle school.</i></p>
<p>(7 min.) Engage:</p>	<p><u>Call on</u> approximately 3-4 students to hear their answers.</p> <p><u>Discuss</u> that one strategy that can help with the challenges of middle school is goal setting.</p> <p>*Show SLIDE 2</p> <p><u>Remind</u> students that the lessons they are completing in Naviance help them to plan for their future so they can reach their post-secondary goals and preview the lessons they will complete in 7th grade.</p> <p><u>Tell</u> students that you will be watching a short video. At the end you will ask them to tell you what the THEME of the video could be. (<i>*do not give it away</i>)</p> <ul style="list-style-type: none"> • *Show Marshawn Evans You Define You (1:13) <p><u>Ask</u> students for ideas on the video theme when done.</p> <p><u>Tell</u> students that the overall theme of the video is goals. Marshawn Evans set goals for herself throughout her life and it helped her to be successful.</p>
<p>(20 min.) Creating a 7th Gr. S.M.A.R.T Goal</p>	<p>Review & DEMO for students how to log into Naviance.</p> <p>Log-in to Family Connection (*Use the link found on your Counseling page under QuickLinks)</p> <p>Username: student ID</p> <p>Password: last 4 digits of your student ID + 2 digits for the day you were born</p> <p>Example: 999321 *Remind students that all single digit birthdays begin with a leading zero.</p> <p>*Show SLIDE 10</p> <p><u>Tell</u> students that they need to follow these steps to review what they wrote last year in their journal.</p> <p><u>Walk around</u> the room as students are locating their goal idea in their journal. IF they do not have a goal idea, have them reflect on their 6th grade year and think about what they might want to improve upon in 7th grade.</p> <p><u>Pass out</u> goal idea handouts out to students and make sure they have a pen, pencil, or highlighter.</p> <p><u>Call on</u> approximately 2-3 students to provide their interpretations.</p> <p>*Show SLIDE 12</p> <p><u>Explain</u> to students that they will be selecting the goal topic and a specific goal they want to work on this year.</p> <p><u>Pass out</u> 7th Gr goal ideas handout to students and explain that students will now select the goal topic and a specific goal they want to work on this year.</p>

	<p><u>DEMO</u> for students how to circle their goal topic and specific goal on your own handout</p> <p><u>Tell</u> students that they will now go into Naviance to set their 7th Grade S.M.A.R.T Goal.</p> <p><u>*Show SLIDE 15</u></p> <p><u>When students have entered, their goal topic and Specific goal</u> have students follow along as you WALK THEM THROUGH STEP BY STEP to create their goal.</p> <p><u>Select 7th Grade S.M.A.R.T Goal</u> template from the drop-down arrow.</p> <p>**Choose your own topic as a counselor to demo and type in as you instruct students to follow along.</p> <p><i>My goal is:</i> Students enter the goal topic they circled on their handout</p> <p><i>Specific:</i> Students enter the specific goal they circled</p> <p><i>Measurable:</i> Students enter HOW they can <u>actually</u> measure their goal</p> <p><i>Achievable:</i> Students enter one sentence about why the goal is realistic for them</p> <p><i>Relevant:</i> Students enter one sentence about why their goal is important to them in 6th grade</p> <p><i>Timely:</i> Have students enter the end date of June 15, 2018 as a date that they will achieve this goal by. (This will be approximately the time when you will complete the goal evaluation with them)</p> <p><u>Demo & students follow along</u> to create one action step for approximately 2 weeks from the time the goal is set.</p> <p><u>Show</u> students how they can see their action steps in the To-Do's area.</p>
(5 min.) Survey	<p><u>*Show SLIDE 23</u></p> <p><u>Tell</u> students to Click on the MY PLANNER tab and then click TASKS ASSIGNED TO ME to complete the GR 7 Lesson Survey - 1 S.M.A.R.T Goals</p> <p><u>Instruct</u> students to either log off and PUT AWAY or log off and KEEP CHROMEBOOKS on their desks depending on if you will be in the same class for the next period</p>