

# HSBP Gr. 8 Lesson 1 – 8<sup>th</sup> Grade S.M.A.R.T Goals

## Lesson Tasks:

1. Create 8<sup>th</sup> Gr. S.M.A.R.T Goal
2. GR 8 Lesson 1 Survey – S.M.A.R.T Goals

<p><b>Prepare:</b></p>	<ul style="list-style-type: none"> <li>• Goal topic signs + tape</li> <li>• Colored dots (removable) 1 per student in each class/per day</li> <li>• Copy goal idea handouts for all students</li> <li>• Bring extra pencils for students as a “backup”</li> </ul> <p><b>*Get to the classroom 10 MINUTES prior to the end of the previous class period and pull up the presentation.</b></p> <p><b>*Also log into your DEMO Account and get Roadtrip Nation video ready (CHECK VOLUME!)</b></p> <ul style="list-style-type: none"> <li>• Go to Careers tab&gt;Roadtrip Nation&gt;Explore More&gt;Themes&gt;Goals&gt;Ward Hessig&gt; <i>Don’t “What If” Yourself To Death (1:52)</i></li> </ul> <p><b>*Put up SLIDE 1 so students will see it as they walk in the door</b></p>
<p><b>(5 min.) Lesson Launch:</b></p>	<p><b>*(STAND AT THE DOOR TO THE CLASSROOM!)*</b></p> <p><i>As students walk in the door, give each of them a colored sticky dot and <u>verbal directions to check the instructions on the screen.</u></i></p>
<p><b>(10 min.) Engage:</b></p>	<p><b><u>Instruct</u></b> students to take their colored dot and place it next to the goal topic sign posted on the white board based on what they personally feel they need to work on in 8<sup>th</sup> grade. <b>*Students return to seats after placing their dots on board</b></p> <p><b><u>Discuss</u></b> briefly the trends you see based on where students placed their colored dots.</p> <p><b>*Show SLIDE 2</b></p> <p><b><u>Remind</u></b> 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 8<sup>th</sup> grade.</p> <p><b><u>Tell</u></b> students that you will be watching a short video. At the end you will ask them to tell you what the <b>THEME</b> of the video could be. (<i>*do not give it away</i>)</p> <ul style="list-style-type: none"> <li>• <b>*Show Ward Hessig - Don’t “What If” Yourself To Death (1:52)</b></li> </ul> <p><b><u>Ask</u></b> students for ideas on the video theme when done.</p> <p><b><u>Tell</u></b> students that the overall theme of the video is <b>goals</b>. Ward Hessig mentioned he was goal oriented and to continue to improve he set smaller goals. In 8<sup>th</sup> grade and as students prepare for high school, setting goals will allow them the opportunity to continually move forward and achieve success. Just remember to not to focus on the “what ifs” but keep their goal in mind.</p>
<p><b>(20 min.) Creating a 8<sup>th</sup> Gr. S.M.A.R.T Goal</b></p>	<p><b><u>Review &amp; DEMO</u></b> for students how to log into Naviance.</p> <p><b><u>Log-in</u></b> to Family Connection (<b>*Use the link found on your Counseling page under QuickLinks</b>)</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 <b>*Remind students that all single digit birthdays begin with a leading zero.</b></p> <p><b>*Show SLIDE 10</b></p> <p><b><u>Tell</u></b> students that they need to follow these steps to review what they wrote last year in their journal.</p> <p><b><u>Walk around</u></b> 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 7<sup>th</sup> grade year and think about what they might want to improve upon in 8<sup>th</sup> grade.</p> <p><b><u>Pass out</u></b> goal idea handouts out to students and make sure they have a pen, pencil, or highlighter.</p> <p><b>*Show SLIDE 12</b></p> <p><b><u>Explain</u></b> to students that they will be selecting the goal topic and a specific goal they want to work on this year.</p> <p><b><u>DEMO</u></b> for students how to circle their goal topic and specific goal on your own handout</p>

	<p><b><u>Tell</u></b> students that they will now go into Naviance to set their <b>8<sup>th</sup> Grade S.M.A.R.T Goal</b>.</p> <p><b><u>*Show SLIDE 15</u></b></p> <p><b><u>When students have entered, their goal topic and Specific goal</u></b> have students follow along as you <b>WALK THEM THROUGH STEP BY STEP</b> to create their goal.</p> <p><b><u>Select 8<sup>th</sup> Grade S.M.A.R.T Goal</u></b> template from the drop-down arrow.</p> <p><b>**Choose your own topic as a counselor to demo and type in as you instruct students to follow along.</b></p> <p><b><i>My goal is:</i></b> Students enter the goal topic they circled on their handout</p> <p><b><i>Specific:</i></b> Students enter the specific goal they circled</p> <p><b><i>Measurable:</i></b> Students enter HOW they can <u>actually</u> measure their goal</p> <p><b><i>Achievable:</i></b> Students enter one sentence about why the goal is realistic for them</p> <p><b><i>Relevant:</i></b> Students enter one sentence about why their goal is important to them in 8<sup>th</sup> grade</p> <p><b><i>Timely:</i></b> 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><b><u>Demo &amp; students follow along</u></b> to create one <b>action step</b> for approximately 2 weeks from the time the goal is set.</p> <p><b><u>Show</u></b> students how they can see their action steps in the <b>To-Do's</b> area.</p>
<p><b>(5 min.)</b> <b>Survey</b></p>	<p><b><u>*Show SLIDE 19</u></b></p> <p><b><u>Tell</u></b> students to <b>Click on the MY PLANNER tab</b> and then <b>click TASKS ASSIGNED TO ME</b> to complete the <b>GR 8 Lesson Survey - 1 S.M.A.R.T Goals</b></p> <p><b><u>Instruct</u></b> 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>