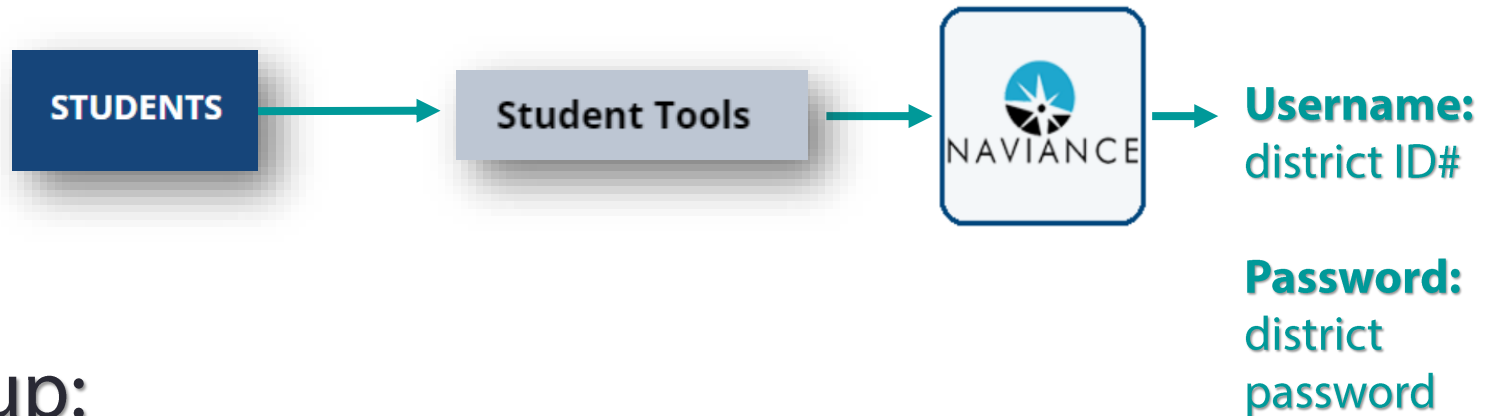


Welcome!

Entry Task:

1. Log in to **Naviance**



Warm up:

Think of a time when you had trouble achieving a goal.

On your sticky note list two things that got in the way?

IDENTIFYING ROADBLOCKS TO MY GOALS

Naviance Student

What is the Difference?

Wish: to want (something) to be true or to happen

Example – I want to get a better grade in math.

Goal: something that you are trying to do or achieve

Example – I will complete my math homework each night when it is assigned.

A GOAL
WITHOUT A
PLAN IS JUST A
WISH.

- ANTOINE DE
SAINT-EXUPERY

Goals and Your Future

Click on **Careers** and **RoadTrip Nation** Interview Archive

Click **Leaders**

Leaders

If needed, click **More**

More

to click **M**

Scroll to **Marshawn Evans** and click on

Marshawn Evans

Watch ***You Define You***



You Define You
Video

What is a Roadblock?

Roadblock: something that gets in the way of achieving my goal

Internal Roadblock	External Roadblock
Something within your control that gets in the way of achieving your goal. Example: Doubting myself	Something in your environment that gets in the way of achieving your goal. Example: Forgetting my uniform on game day

Video Discussion:

What roadblocks did the speaker share in the video?

CREATING YOUR GOAL

Goal Ideas

Study Skills	Work Completion
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 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
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
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

Review the S.M.A.R.T Goal Criteria

Remember a **goal**
without a plan is just
a wish... Antoine De Saint-Exupery

Make sure you create a
S.M.A.R.T 7th Grade Goal



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?

7th Grade S.M.A.R.T Goal

 7th Grade S.M.A.R.T. Goal

No goals yet

 Add new 7th Grade S.M.A.R.T. Goal

Click to add your new **7th Grade S.M.A.R.T Goal.**

Add specific and detailed information in each section to complete your **S.M.A.R.T Goal.**

Click the **Add** button. 

 Cancel
 Add Goal
  Instructions

7th Grade S.M.A.R.T. Goal

* My Goal is: (required)

to improve my work completion

Specific: What specific things will you accomplish?
Example – I will turn in 100% of my 7th grade math homework

Measurable: How will you know when you have achieved this goal?

Achievable: Is this goal realistic? Do you have the tools you need to achieve it?

Relevant: Why is this goal important in your life?

Timely: When can you achieve this goal?

ADD

Time for Action!

With your new goal you will be prompted to create at least one action step.

Click **+Define your next step**

Type one thing you plan to do in the next 1-2 weeks to help you achieve your goal.

Click **Add**

You will now see your action steps as **To-do's**.

Next steps:

💎 This looks like a great goal! Now, it's time to think about what steps you are going to take to achieve it.

+ Define your next step

✕ Cancel

Add To-Do

* To-Do

Start typing

140 characters

Associated with a goal or task

to

Priority



HIGH



MEDIUM



LOW

Due date:

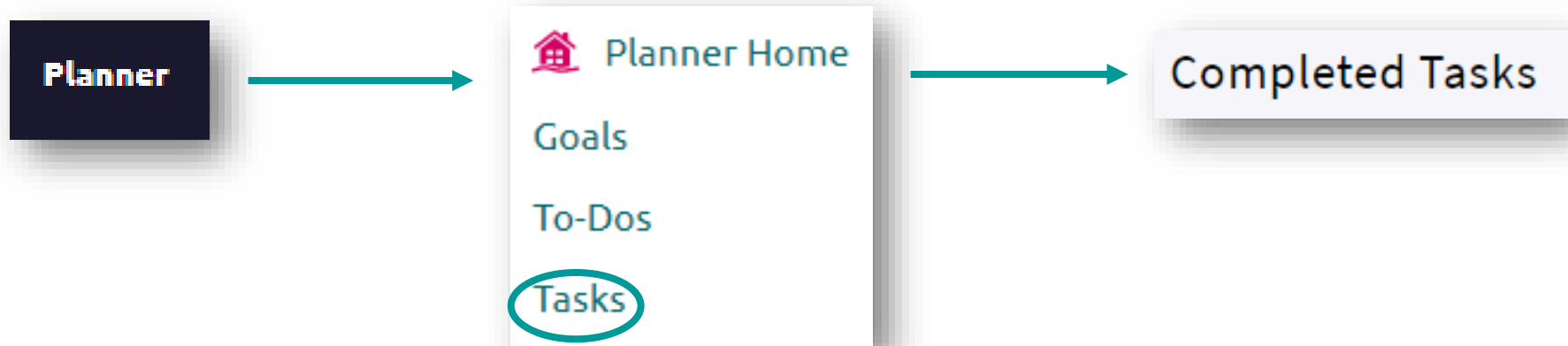
Select date (optional)

ADD

COMPLETE THE LESSON...

Complete the Lesson Task...

To complete the lesson, click **Planner** > **Tasks**. Make sure that the **Create an 7th Grade S.M.A.R.T Goal** is listed under **Completed Tasks**.



Naviance Questions?

If you have any questions, please contact naviance@everettsd.org.

Be sure to provide your first, last name and the name of your school.

To check messages sent to you through Naviance *Student*, login and click the icon for your **messages** in the upper-right corner.

