

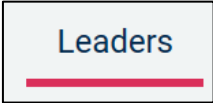

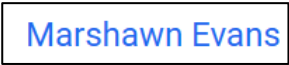
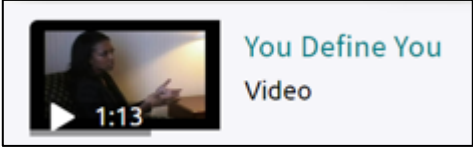


Identifying Roadblocks to Goals

<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..." <i>Antoine De Saint-Exupery</i></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?
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<p>1. Log in to Naviance</p>	 → Username: district ID# Password: district password										
<p>2. Watch this RoadTrip Nation to see how Marshawn Evans, overcame obstacles to meet her goal.</p> <p>Click Careers > Explore Roadtrip Nation Videos</p> <p>Click Leaders > M > Marshawn Evans</p> <p>Watch the clip You Define You</p>	 → Explore Roadtrip Nation Videos  →   → 										

Identifying Roadblocks to Goals

3. What is a **roadblock**?

What roadblocks did **Marshawn Evans** share in the video?

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

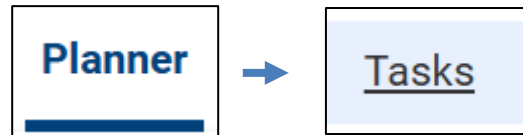
Internal Roadblock	External Roadblock
<p>Something within your control that gets in the way of achieving your goal.</p> <p>Example: Doubting myself</p>	<p>Something in your environment that gets in the way of achieving your goal.</p> <p>Example: Forgetting my uniform on game day</p>

4. Specific goal ideas for you as a student

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

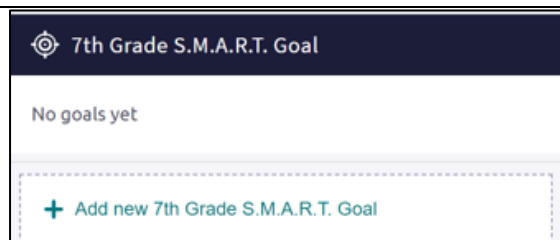
5. Write your 7th grade S.M.A.R.T Goal.

Click **Planner > Tasks**



Click the title of the task **7th Gr. – Create 7th Gr. SMART Goal**

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



Identifying Roadblocks to Goals

7. Start by making your goal **specific**, then fill in the remaining areas.

When done, click the **Add** button

8. Next, create **at least 1 action step**.

Click **+Define your next step**

Type one thing you can do in the next 1-2 weeks to help you work on your goal.

Click **Add**

+ Define your next step

9. **Task Completion:**

To complete the lesson, click **Planner>Tasks**. Make sure the **7th Gr. - Create a 7th Grade S.M.A.R.T Goal** is listed under **Tasks you've completed**.

