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CLASSROOM GUIDANCE



TOPIC: Goal-Setting

LEVEL: 5th grade

MATERIALS: "Accomplishing My Goal" worksheet for each student, each of five criteria for goal-setting written on construction paper basketball cut-outs, interview questions written on strips of paper to hand out to a few students to ask wrestler, partner or student actor dressed up like a wrestler.

ACTIVITY

SET: Pre-arrange for a student to introduce "Big Risell" as the challenger to a well-known television wrestling personality. "Wrestler" enters and brags about his/her goal of winning the title next week. Counselor politely interrupts and asks: "Have you ever wrestled anyone before?" (no) "Well, 'Big Risell', it sounds like you may be setting yourself up to be disappointed. Let's look at some tips that may help you set a goal that you'll have a good chance of attaining.

PROCEDURE: Draw a basketball hoop on the chalkboard and ask students what it is. Say: "In order to reach a goal that we want to reach, there are 5 things to think about." Discuss each tip as you tape balls on board.

- 1) Is the goal specific?
- 2) Is it concrete?
- 3) Have you set a time frame for meeting your goal?
- 4) Can you attain the goal independent of anyone else's actions?
- 5) Is it a realistic goal for you given your past experiences?*

As you go over each step, have "Big Risell" respond. He/she should answer "no" to questions 4 and 5. Then tell him/her that it is important to set realistic goals so you can experience success. If you continue to set goals that are out of your reach, you will continue to fail and feel frustrated and disappointed. Can you think of another goal that you set for yourself and did reach?

Using this goal, go back over the steps it took to reach it. Then ask: How did it feel to reach your goal? Do you have a new goal now?

Have students complete worksheet and share if time allows.

Interview questions for audience to ask wrestler:

- Do you have any experience in wrestling?
- Do you think you will win next week?
- How do you plan to defeat the champion?
- What will happen if you win the title?

ACCOMPLISHING MY GOAL



1. What is a goal I have?

2. What steps are needed to reach my goal?

3. What is a reasonable time in which to accomplish my goal?

4. I will keep going until I reach my goal or revise it.

5. I will evaluate and check my progress.

6. I will remember to compliment myself for progress made toward my goal.

Steps adapted from Project Self-Esteem by Sandy McDaniel and Peggy B Bielen, 1986.

FIGURE 7-6

Look at all the fun things we do at school!



Something I like to learn about is:

_____.

Something I do well is:

_____.

Something that is hard for me is:

_____.