

7. Goal setting

Australian blueprint for career development

Career Management Competency											
1	2	3	4	5	6	7	8	9	10	11	12

Learning intention

Students will understand the importance of setting goals and creating an action plan.

Success criteria

Students can:

- define the term "goal" and provide at least one example of a short-term and a long-term goal
- identify and articulate their own short-term and long-term goals
- list the steps they will follow to achieve their goals.

Resources

- Blank sheet of paper or Word document on computer
- Action planning worksheet (optional)

Classroom organisation

- Whole class
- Pairs/small groups
- Individual

Preparation

Teachers should review the concepts in this lesson for background knowledge and ensure required resources are set up. The optional 'My goals' worksheet could be printed for each student.

Completion of lesson 7.6 Building my support crew would be beneficial in Activity 2 where students identify support for overcoming challenges.

Activity 1

- Ask students if they know what goals are and why they are important.
- Explicitly define the concept of a goal: *A goal is something you want to accomplish or work towards.*
- Explain the difference between long-term and short-term goals:
 - Goals can be long-term or short-term.
 - Short-term goals are things you want to do in the near future, for example, completing homework, learning a new skateboard trick, reading a book.
 - Long-term goals are things you want to achieve over a more extended period, for example, graduating from high school, pursuing a career.
- Ask students for more examples of short and long-term goals.
- Explain why having goals is important: Goals help you stay focused and motivated.
- Explain that goals can change over time as you learn and grow.

Activity 2

- You may follow the instructions listed here or guide students through completion of the optional Goal setting worksheet.
- Ask students to write down 3 subjects or areas in school that they find interesting.
- Ask students to list 3 skills or qualities they would like to develop in themselves.
- With reference to their subjects, interests and qualities, instruct students to write down 2 short-term goals they can achieve relatively quickly, i.e., in the next few weeks or this semester.
- Ask students list the steps they need to take to achieve each of the above goals.
- Facilitate a whole-class discussion on the goals students identified. Suggested focus questions could be:
 - Why did you choose these goals?
 - How realistic are your goals?
 - What challenges might you face and what can you do to overcome them?
 - Who can help you overcome challenges? If students have completed Lesson 7.6 Building my support crew, it may be useful to remind them of the importance of having a support network.
 - How will you know you are on track to achieve your goals?
- Students adjust their goals and suggested steps based on the outcomes of the whole-class discussion.

Reflection

- Ask students to share with a partner why their goals are important to them, the steps they will take to ensure they achieve them and how they will know if they are on track.

Worksheet: Goal setting and action planning

Academic interests

List 3 subjects or areas in school that you enjoy or find interesting.

1. _____
2. _____
3. _____

Personal development

Identify 3 skills or qualities you would like to develop in yourself.

1. _____
2. _____
3. _____

Short-term goals (next few weeks/months)

Write down 2 short-term goals that you can achieve relatively quickly.

Goal 1: _____

Steps to achieve Goal 1:

Step 1: _____

Step 2: _____

Step 3: _____

Goal 2: _____

Steps to achieve Goal 2:

Step 1: _____

Step 2: _____

Step 3: _____

Write a short reflection or discuss with a partner why these goals are important to you and how you will ensure you are on track to achieve them.