**Classroom Counseling Lesson Plan**

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| **Lesson Title** | **Grade Rage** | **Time Needed** |
| **SMART Goal-Setting** | **5-12** | **30-40 minutes** |

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| **Domain** | **Mindset Standards** | **Behavior Standards** |
| **Career/SE** | **1, 2, 5** | **LS4, LS6, LS7, SMS1, SMS2, SMS5, SS3, SS6, SS8** |

**Learning Objectives:**

* **To allow team members to focus on their values and goals so they can consider future career choices.**
* **To encourage participants to clarify their goals and what support they may need to accomplish them.**

**Supplies/Materials:**

* **Examples of values list (family, love, helping, exc)**
* **SMART explanation worksheet (Specific, Measurable, Attainable, Realistic, Timely)**
* **Different art shaped paper (hearts, stars, butterfly’s)**
* **Additional sheets of paper, pens**

**Outline:**

1. This activity works best for students on their own. Pairs may be an option.
2. Have your students take out one of the sheets of paper and pen.
3. Explain values and have the students record what is important to them. (5 min)
4. Handout the SMART worksheet and go over with them. (provide example) (5min)
5. Handout out the different art shaped papers and have each student record at least 2 goals on one side. (5 min)
6. On the other side of the goals paper have the student write who they may need help from or support from to accomplish their goal. (5 min)
7. Have students share their goals if they want.

**Process Questions:**

* Was it hard to think of your own values?
* Was it hard to come up with goals? Realistic?
* What can we do to make sure we meet our goal? Likelihood?
* What did you learn about goals? Can they be met all by yourself?
* How are values and goals connected?

Smith, S. (2016) *Smart Goal-Setting.* Eugene Field Elementary, Sioux Falls, SD.