

Goal Setting

Course

Principles of Health Science

Unit VI

Personal Qualities of a Health Care Worker

Essential Question

How does setting goals now help you achieve them in the future?

TEKS

130.202 (c) 3B

Prior Student Learning

n/a

Estimated time

2 hrs

Rationale

Goal setting provides a method for identifying, planning, and working toward goals to give future direction.

Objectives

Upon completion of this lesson, the student will be able to:

- outline different types of goals; and
- develop goals for the future.

Engage

Share with the students a goal that you had when you were in high school. Let them know what you did to achieve your goal and whether you were successful or not. Ask the students to share with you some of their goals for this year and for after they graduate from high school. You can also use activity #1 (Check Attitudes and Knowledge about Goal Setting) before you begin the lesson.

Key Points

- I. A goal is something you aim for that takes planning and work.
- II. Goal setting is a skill
- III. Types of goals
 1. Time-based
 - i. Immediate
 - ii. To be accomplished within 1 year
 - iii. Short term – 1-3 years
 - iv. Long term – 3-5 years, or over a lifetime
 2. Subject-based
 - i. Education
 - ii. Career
 - iii. Personal
 - iv. Spiritual
 - v. Financial
 - vi. Family-related
 - vii. Relationship
- IV. Choosing a goal – goals need to be
 1. Realistic

2. Challenging
3. A reflection of your personal values
4. Consistent with each other
5. Described in specific concrete terms

V. Steps to Goal Setting

1. Make a list of all the things you think you'd like to do within your lifetime.
2. From this list choose the things you think you can reasonably accomplish, or at least begin, within the next five years.
3. From your five-year list, prioritize the items and decide which goals you can reasonably accomplish, or at least begin, within the next year.
4. For each goal make a list of ways to reach it.
5. Make sure all of the goals you have written down are your goals, and not those of your parents or friends.
6. Identify others who can help you and support your efforts.
7. Post your goals where you will see them.
8. Set a time each week or month to check on your progress.
9. Give yourself a reward once you have achieved your goal.

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Activity

- I. Complete Stepping Stones: Goal Setting Activities

Assessment

Successful completion of Stepping Stones: Goal Setting Activities

Materials

Stepping Stones: Goal Setting Activities

Accommodations for Learning Differences

For reinforcement, the student will make an immediate goal, one to be accomplished within one week, then evaluate the process at the end of the week.

For enrichment, the student will make a goal map for their life, making goals for family, relationships, education, career, hobbies, and physical fitness.

National and State Education Standards

National Health Science Cluster Standards

HLC09.01 Employability and Career Development

Evaluate need for personal growth and development: Engage in continuous self-assessment and goals modification for personal and professional growth

TEKS

130.202 (c)(3)(B) demonstrate leadership skills, characteristics and responsibilities of leaders such as goal setting and team building.

Texas College and Career Readiness Standards

English Language Arts

II. B. Understand new vocabulary and concepts and use them accurately in reading writing and speaking.

Check Attitudes and Knowledge About Goal-Setting

Check the box in front of the questions to which you answer “yes.” Circle the box in front of the questions to which you answer “no.”

- Do you regularly set goals for yourself?
- Do you usually achieve or attain goals that you set for yourself?
- Do you feel comfortable setting challenging goals for yourself?
- Are you willing to risk failure by setting high goals?
- Do you avoid setting goals so high that they are unrealistic or unattainable?
- When you set large goals for yourself, do you break them down into small steps?
- Do you write down your goals and the steps you need to take to reach them?
- When you fail at something, do you try again rather than give up?
- Are there people around you who support your goals and your efforts to achieve them?
- Do you have confidence in your ability to set and achieve long-term goals?

Are you currently working toward any goals? What are they?

When you think about setting challenging goals for yourself, how do you feel?

How do you feel about taking risks?

Linking Goals and Values

To be effective, goals must be compatible with personal values. Look at the examples below and see if you can think of values that might lead to the other goals listed. There may be many right answers; a variety of values can lead to any specific goal. Compare and discuss your answers with a partner or small group.

Goal: Jog 10 miles, three times a week

Values: Being healthy and physically fit
Feeling good about my body
Living a long and healthy life



Goal: Purchase my own home in five years

Values: Stability and a sense of security for me
and my family
Owning my own home
Financial security

Goal: Attend college

Values: _____

Goal: Move to a safer neighborhood where my kids can attend a good school

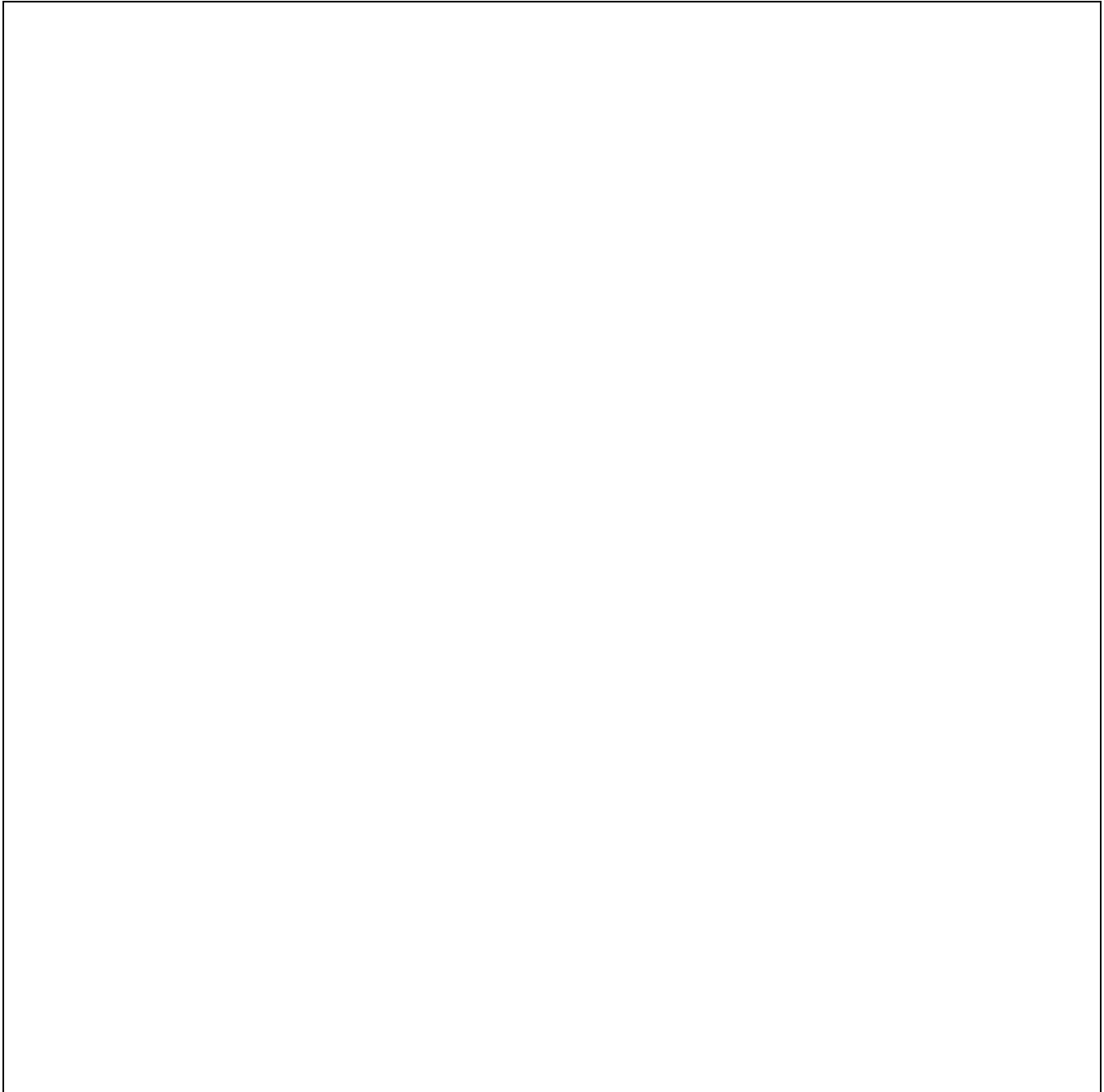
Values: _____

Goal: Get a job with a flexible schedule that works better with my kids' schedule

Values: _____

Dream Collage

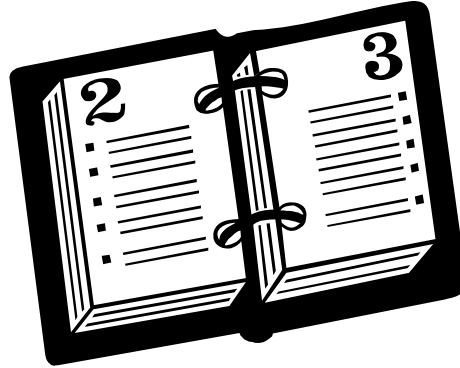
For this activity, you will need scissors, glue, a collection of old magazines, and any other art supplies (construction paper, drawing tools) that you want to use to make a collage. In the space below, make a collage of all the things you want in and for your life: happiness, wealth, a new stereo, feeling confident, a husband or wife and five kids, to be a firefighter? Let your imagination run wild, and include all the things big and small that you dream of having or being. Then use your collage to work out some goals on the following page.



Personal, Educational, and Employment Goals

Personal Goals—These are goals for changing the type of person you are. Personal goals may call for a change in your attitudes or values, or may be something like becoming more physically fit.

Educational Goals—These goals call for achieving certain educational abilities and/or academic credentials (e.g., HSED, Associate degree, Bachelor degree, trade or vocational certificate, etc.).



Employment Goals—These are goals related to your work, job, career, etc. What kind of work do you want to be doing? When? Where? How?

One year from now:

My personal goal is _____

My educational goal is _____

My employment goal is _____

Two to three years from now:

My personal goal is _____

My educational goal is _____

My employment goal is _____

Five years from now:

My personal goal is _____

My educational goal is _____

My employment goal is _____

Ten years from now:

My personal goal is _____

My educational goal is _____

My employment goal is _____

Some additional goals are:

Steps to Setting Goals

Make a list of all the things you think you'd like to do within your lifetime. This may take several days, but it's worth the time. Don't rule out anything because of age, lack of money or education, or any other barrier. Write down everything you can think of that you'd like to do.

From this lifetime list, **choose the things you think you can reasonably accomplish, or at least begin, within the next five years.**

From your five-year list, **decide which goals you can reasonably accomplish, or at least begin, within the next year.** This will be your immediate goal list.

If you think you have too many goals on this list, **prioritize them.** Decide which goals are reasonable for you to work on this next year.

For each separate goal, make a list of objectives—ways in which you are going to proceed to reach this goal. The objectives are the small steps it takes to achieve your major goal. Don't leave out any step that will be necessary for each goal.

For each objective, set a time limit (a deadline). Be exact to prevent procrastination.

Review your goals and objectives. Be sure your goals are realistic, yet challenging. Your time limits should keep you busy without causing you to be overwhelmed by stress.

Make sure all of the goals you have started are really your own goals. Don't set goals just for the approval of your parents, spouse, children, or friends. Don't set goals just because you think they're "proper" goals. Set goals that do not conflict with your own value system.

Write these goals down. Post them where you'll see them frequently.

Tell someone else what goals you've set. This may be a family member, friend, or mentor. Voicing your goals to another person reinforces your commitment.

Start immediately to work toward your goals. Don't wait for a better time. Do it now!

Set a specific time each week or month to review your progress. Find out if you are honoring your timetable. If not, is it a matter of discipline or do you need to revise your plan? Make the necessary adjustments and continue toward your goals.

Reward yourself in some small way for each objective reached, and in a large way for each goal met. You may want to plan out, ahead of time, what your rewards will be.

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Reviewing Goals and Objectives

Review your goals and objectives. Be sure your goals are realistic, yet challenging. Determine if your time limits are reasonable so that you are working toward your goal, but are not overcome by stress.

Make sure all of the goals you have stated are really your own goals. Don't set goals just for the approval of your parents, spouse, children, or friends. Don't set goals because you think they're "proper" goals. Set goals that do not conflict with your own value system.

Review each of your three goals by answering the following questions.

Goal 1: _____

What are the ways that reaching this goal will help you, or improve your life?

- Is this really **your** goal?
- Is this goal consistent with your values? Is it morally right and fair?
- Is this goal clear and specific?
- Do the objectives seem realistic and workable?
- Are your deadlines realistic and achievable?
- Can you commit yourself emotionally to complete/attain this goal?
- Will your plan for achieving this goal work?
- Can you visualize yourself completing this goal?

What are the difficulties or roadblocks (if any) that might keep you from achieving this goal?

What are the actions you can take to overcome these difficulties or roadblocks?

After reviewing this goal, do you feel you should revise the goal and its objectives in any way? If so, how? _____

Goal 2: _____

What are the ways that reaching this goal will help you or improve your life?

- Is this really **your** goal?
- Is this goal consistent with your values? Is it morally right and fair?
- Is this goal clear and specific?
- Do the objectives seem realistic and workable?
- Are your deadlines realistic and achievable?
- Can you commit yourself emotionally to complete/attain this goal?
- Will your plan for achieving this goal work?
- Can you visualize yourself completing this goal?

What are the difficulties or roadblocks (if any) that might keep you from achieving this goal?

What are the actions you can take to overcome these difficulties or roadblocks?

After reviewing this goal, do you feel you should revise the goal and its objectives in any way? If so, how? _____
