

Setting SMART Goals

In this lesson students will discuss responsibility and perseverance through the lens of goal setting. They will learn how to set SMART goals. They will do this through explicit instruction, teacher modeling, and large group work. Ultimately students will write individual SMART goals including action steps. Teachers will need to do some anticipatory and follow-up work to maximize the impact of this lesson.

Integrity Sub-Concept(s)

Perseverance, Kindness

Lesson Timeframe

35-40 minutes

Required Materials☐ SMART Goal Planner (see below)**Standards Map**

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

Lesson Objective

Students will:

- Analyze responsibility and perseverance through the lens of goal setting.

Teacher Connection/Self-Care

The root word for responsibility is “responsus” which is Latin for “to respond”. How do you respond to others throughout your day? This week, reframe things that might normally generate a frustrated or negative response (even simple things like getting caught at a red light or spilling something). Choose to respond with kindness, both internally and externally.

Tips for Diverse Learners

- Likely all students will struggle with setting goals that are totally SMART. Adjust this acronym to suit your and your students’ needs and abilities.



Share

5-7 minutes

Review the definition of **responsibility** and **perseverance**. If you have done the other lessons in this unit, students should be able to recite these without help.

Responsibility: *being reliable to do the things that are expected or required of you.*

Perseverance: *trying our best, even when it gets hard, until we reach our goal.*

Ask:

- Has anyone had an experience since our last lesson where you had to persevere through a challenge? And, remember, “challenge” doesn’t necessarily mean you’ve had something bad happen to you. A challenge might be a test, a difficult sports competition, a job or task you had to complete, etc.



Inspire

10-15 minutes

Connect the Dots

Show the billboards (linked below) and ask students how each one relates to perseverance and responsibility.

Hard work:

<https://www.passiton.com/inspirational-sayings-billboards/20-hard-work>

Drive:

<https://www.passiton.com/inspirational-sayings-billboards/55-drive>

Persistence:

<https://www.passiton.com/inspirational-sayings-billboards/83-misty-copeland>

Live Life:

<https://www.passiton.com/inspirational-sayings-billboards/28-live-life>

Explain that many things go into persevering and fulfilling your responsibilities. It takes hard work, drive, persistence, and a commitment to living life to the fullest. **It also takes goals.**



Empower

15-20 minutes

Explain:

Part perseverance is finishing what you start, even when it gets hard. This gets harder, though, when we don’t have a specific plan for how to get something done. In fact, without a plan, we may not even try.

The specific plan I am talking about is called a goal, and the type of goals we are going to write are called SMART goals. This is what SMART stands for:

Specific	Meaning the goal is narrow and is not too big; for example, “I am going to read three books this month,” is specific; “I am going to do a lot of reading this month,” is too big.
Measurable	Meaning the goal is narrow and is not too big; for example, “I am going to read three books this month,” is specific; “I am going to do a lot of reading this month,” is too big.)

<u>A</u>chievable	Meaning you have a good chance of actually reaching your goal; is reading three books realistic or do you think you will only read two?
<u>R</u>elevant	Meaning it is related to something in your life and makes sense for you to go after it; is reading important in your life or should it be? Yes! This would be a great goal!
<u>T</u>ime-bound	Meaning you set a certain time by which you will achieve the goal; goals can't just go on forever. In the reading example, the last day of the month would be your target date; you can measure when that date comes and goes.

Class Goal:

This section requires pre-planning on the teacher's part. Determine a goal related to responsibility that you would like your class to work toward together; It should be a smart goal and you should use the SMART goal planner to help you build it.

Show the class this goal and how you completed the planner to arrive at your final goal. This will model how you want students to complete the planner for their personal student goals.

Student Goal:

Students are now going to write a SMART goal for themselves. It can be about anything but it should reflect what they have learned about responsibility and perseverance.

Instructions:

- Hand out a SMART Goal Planner to each student.
- Have students begin filling it out - you can help them individually or work through the planner as a large group (with each student filling in their planner with their own personal goal).
- If time permits, students could exchange goals and do some peer review to see if they are, in fact, SMART goals. Or, the teacher can collect the planners and offer feedback.

Planning Ahead:

Plan to use time in the coming weeks, either at the beginning or end of the day, to check in on student progress toward their goals. Celebrate when someone achieves their goal!



Reflect

5 minutes

Review the acronym SMART and what it stands for and invite students to share their SMART goal. Ask students if it was easy or difficult to write a SMART goal and why.

If you have completed the earlier lessons about obstacles, consider talking about what obstacles students think might get in the way of their being successful in achieving their goals and what they can do now to plan ahead and get around what stands in their way.

Remind students that you will be checking their progress in the coming weeks!



Extension Ideas

- Ask students to create a SMART goal that they can work on at home. You can let parents know that their student is working on a goal and to be on the lookout for it and encourage students to reach it.
- Have students create a SMART goal tracker and build regular accountability checks and updates into your daily routine. Do the same for the class goal you set, and plan a celebration when the class reaches it.
- Create a thermometer or some other tracker to keep track of either the classroom goal or when everyone in the class achieves their personal goal. It is motivating to see a visual that shows how close you are getting each day, week, or month to reaching a goal!




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PROGRAM FOR SOCIAL
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The Collaborative for Academic, Social, and Emotional Learning ([CASEL](https://casel.org/)) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

S.M.A.R.T. GOAL PLANNER

SPECIFIC	What <u>exactly</u> do I want to happen?	
MEASUREABLE	I will know I have reached my goal when...	
ATTAINABLE	With perseverance, is it possible to reach this goal by the deadline?	
RELEVANT	My goal is important enough for me to put a plan into action. I will follow this specific plan to reach my goal:	
TIME-BOUND	I will reach my goal by:	