

# LESSON 32

## SMART GOALS

### Learning Intentions

- Students will understand how to set SMART goals.
- Students will practice setting SMART goals for their final years of school.

### Resources:

- Student Journals.
- Video Resource List.
- Internet access, speakers and projector.

### Outline

#### Activity 1: What's a SMART goal? (5 mins)

- In the video you watched in Lesson 31, Neale Daniher states "I am very clear on what drives me" this has enabled him to remain focused, determined and work hard at achieving his goals. Likewise having clear, well-defined long and short term goals is a key to your success over the final years of school.
- Watch **Video S15** from the Video Resource List.

#### Activity 2: Your SMART goal (15 mins)

- In their Student Journals have students write one SMART long term goal. This is what they want to have achieved at the end of the final years of school.
- Then write three short term SMART goals that will lead to their long term goal.
- In pairs have students check each other goals to ensure they meet the SMART criteria.

NON SMART GOALS	SMART GOALS
Get a good ATAR.	Nominate an ATAR score that you would like to achieve.
Get into a good uni for the course I want.	Identify the job or course I would like to undertake following completion of year 12.
Improve in (subject).	Increase my (subject) assessment mark by 5%.
Do well in trials.	Complete all sections of each trial exam.
Get into better study habits.	Begin studying for 4 hours a week.