

GOAL SETTING FOR SECONDARY STUDENTS



“Good things don’t just happen.”

“Goal setting is simply a way of adding structure to a turbulent situation.”

“Goals are targets.”



“School is a student’s job.” In fact, historically the School Act took children out of the labour force so that school became their job. Like parents, school is a 9:00 - 5:00 job plus work at home, plus overtime when needed. And yes, there is a payment in the end—success and independence!

Seven Habits of Highly Effective Students

1. They set goals.
2. They plan their time.
3. They study every day.
4. They take notes in class.
5. They have the tools they need.
6. They keep their commitments.
7. They get ready ahead of time.

Goal Setting...

- helps students focus on what is important and what is not
- creates a vision of where to go and increases the likelihood of getting there
- makes it easier to say no to irresponsible behavior

“SMART” technique to help remember characteristics of goals:

- S** - Goals should be specific
- M** - Goals should be measurable
- A** - Goals should be attainable, but challenging
- R** - Goals should be relevant and recorded
- T** - Goals should have a time frame

Things That Get In The Way...

- low self-esteem
- stress
- boredom
- procrastination
- peer pressure

Once A Goal Is Achieved...

- take the time to enjoy the satisfaction
- absorb the implications of the goal achieved
- observe the progress you have made towards other goals

If the goal was a significant one, or one that you had worked towards for some time, take the opportunity to reward yourself appropriately!