

# Lesson 6

## Goal Setting (1)

### 2<sup>nd</sup> Year Goals

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#### Learning Goals

**At the conclusion of this activity, participants will be able to;**

- Review their 1<sup>st</sup> Year goals.
- Outline their new/continuing goals for 2<sup>nd</sup> Year.
- Plan the specific steps they need to take in order to achieve 2 of their goals.

#### Resources Needed for This Lesson

- Lesson PowerPoint
- Student Journal



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#### Introduction

In this lesson students will review their 1<sup>st</sup> year goals (see Nurture Year One, Lesson 18). They will reflect on whether they achieved their goals or not, what steps they took in order to achieve those goals and also look at what worked/didn't work. They will be divided into small groups or pairs. They will list some of the new/continuing goals they would like to achieve in 2<sup>nd</sup> year. Each group/pair will discuss some of the goals they would like to achieve this year. They will make a note of their own goals (as many as they like). They will then identify 2 main goals to work on, noting the possible challenges or obstacles they could encounter and the specific steps they need to take in order to achieve their goals.

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**Slide No. & Content**

- SLIDE NO. 1 - Introduction.
- SLIDE NO. 2 - Learning Goals and Wellbeing Indicators identified.
- SLIDE NO. 3 - Journal Activity: Students complete Journal Activity (A) on page 25 in their Student Journal. Allow students to work in silence and then discuss their answers.
- SLIDE NO. 4 - Discuss your goals in 1<sup>st</sup> Year. Divide students into small groups or pairs. Invite them to consider whether they achieved their 1<sup>st</sup> Year goals or not, what steps they took in order to achieve those goals and look at what worked/didn't work. Ask a selection of groups or pairs for their feedback.
- SLIDE NO. 5 - Journal Activity: Students complete Journal Activity (B) on page 25 in their Student Journal. Allow time for discussion with their group or partner. Ask for feedback from a few groups or pairs.
- SLIDE NO. 6 - Now, identify 2 main goals. Ask students to think about 2 main goals that they would like to focus on for the year ahead. You may need to encourage students throughout this task.
- SLIDE NO. 7 - Journal Activity: Students complete Journal Activity (C) on pages 25 & 26 in their Student Journal. Allow students to work in silence and then discuss their answers.
- SLIDE NO. 8 - Review of Learning Goals.
- SLIDE NO. 9 - Traffic Lights & Wellbeing Indicators.

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**Lesson Review**

- Ask the student to identify what they have learned using the 3-2-1 active learning method.
- Students will then reflect on their understanding of what they learned using the traffic light system.
- Finally, students should reflect on which of the 6 indicators of wellbeing they have utilised in this lesson.