Unit 1 Title: Goal-Setting

Number of Lessons in Unit: 2

Time Required for each lesson: 30 minutes

Best time of year to implement this Unit: Anytime.

Lesson Titles:
Lesson 1: Man On the Moon!
Materials/Special Preparations Required:
- Student Hand Out and Student Work Page
- A jar
- A picture of an astronaut and a large piece of poster paper. (Paste picture of astronaut onto poster paper.)
- A piece of candy for each student in class that will fit in jar with room to spare. (A possible reward might be mini-marshmallows that could be referred to as moon rocks.)

Materials/Special Preparations Required:
- “Simon Says” script – Attached to lesson

Missouri Comprehensive Guidance and Counseling Big Idea:
AD.6: Developing and Monitoring Personal Plan of Study.

Grade Level Expectation (GLE):
AD.6.A.04: Revise and practice educational goal-setting and self-assessment skills. (DOK Level - 3)

American School Counselor Association National Standard (ASCA):
Academic Development
A. Students will acquire the attitudes, knowledge and skills contributing to effective learning in school and across the lifespan.

Show Me Standards: Performance Goals (check one or more that apply and identify relevant process standards)

| Goal 1: Gather, analyze and apply information and ideas |
| X Goal 3: Recognize and solve problems |
| 1. Identify problems and define their scope and elements |
| 4. Evaluate the processes used in recognizing and solving problems |
| 7. Evaluate the extent to which a strategy addresses the problem |
| 8. Assess costs, benefits, and other consequences of proposed solutions. |
| X Goal 4: Make decisions and act as responsible members of society |
| 5. Develop, monitor, and revise plans of actions to meet deadlines and accomplish goals. |
This lesson supports the development of skills in the following academic content areas.

<table>
<thead>
<tr>
<th>Academic Content Area(s)</th>
<th>Specific Skill(s)</th>
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<tbody>
<tr>
<td>X Communication Arts</td>
<td>5. Comprehending and evaluating the content and artistic aspects of oral and visual presentations.</td>
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<td></td>
<td>6. Participating in formal and informal presentations and discussions of issues and ideas.</td>
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<td>Mathematics</td>
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<td>Social Studies</td>
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<td>Science</td>
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<td>Health/Physical Education</td>
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<td>Fine Arts</td>
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**Unit Essential Questions:**
What are some of the positive outcomes of goal setting?

**Unit Measurable Learning Objectives:**
The student will set one goal and make a plan to accomplish that goal as measured by the “I Can Make a Plan” worksheet.
The student will identify one study skill or one reason why studying is an important step toward accomplishing an educational goal.

**Unit Instructional Strategies/Instructional Activities:**
- X Direct (Didactic Questions, Guided & Shared)
- X Indirect (Problem Solving, Reflective Discussion)
- X Experiential (Games)
- Independent Study
- Interactive Instruction (Discussion, Problem Solving)

**Unit Summative Assessment (acceptable evidence):**
Assessment should relate to the performance outcome for goals, objectives and GLE. Assessment can be question answer, performance activity, etc.
The student will complete a work page that will demonstrate the knowledge of goal-setting skills.
The student will demonstrate knowledge and understanding of strategies related to studying which may include time, location, and conditions to best learn, read, and do homework during a post-activity discussion session.

**Brief Summary of Unit:**
This unit is designed to teach students basic goal-setting skills that are needed to become successful learners. Lesson one teaches goal-setting skills in terms of setting long-term goals that can be accomplished by outlining a step-by-step plan that takes into consideration the need for problem-solving, revision, timelines, resources, rewards, and self-assessment.

Missouri Comprehensive Guidance & Counseling Programs: Linking School Success to Life Success
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Lesson two helps students learn the skills necessary in making short-term goals.

What prior knowledge do students need (e.g. the steps to solving a problem) to be successful in this unit?

- Revise and practice education goal-setting and self-assessment skills.