

S.M.A.R.T. Goals

Objectives:

1. Participants will learn the importance of S.M.A.R.T. goals.
2. Participants will learn the steps they need to achieve their goals.

Time: 1 hour

Materials:

1. Watch
2. S.M.A.R.T. Goals Activity Worksheet (p. 6)
3. Pens and Pencils
4. Paper for each student
5. A ball made out of two pieces of 8.5 x 11" white copy paper wrapped tightly in aluminum foil.
6. One small trash can with a clean trash bag in it

Leader's Notes – Begin class by telling participants they will learn the importance of setting goals and how to achieve them.

Have a brief discussion with students:

1. Ask participants to raise their hand if they have ever wanted to achieve something?
2. Pick a student in the class and ask them to share what they wanted to achieve
3. Ask participants if they have ever set a goal for themselves
4. Pick a student in the class and ask them to share their goal
5. Tell students that they will learn about SMART goals and they will have fun!

Explain:

1. It is important for youth to have goals
2. If you don't have goals then it is hard to strive or accomplish anything
3. The best way to figure out the goals you want to accomplish is to look at your life and see what you want.
 - *Example: if you are not doing well in school then you should set a goal that will help you strive to do better in school*

Activity – Introduce “Wants” Activity

Activity 1: “Wants”

The purpose of this icebreaker is for participants to think about the things they want in life and write it down. Writing down their “Wants” will make it become more reachable to accomplish.

Prior to activity:

1. Make sure each student has a piece of paper and pencil or pen
2. Make sure you have a watch to time 1 minute

Roles of Facilitator(s) and Volunteer(s)

1. **Facilitator**- make sure that participants understand and are doing the activity; answer questions
2. **Volunteer(s)**- same as Facilitator

Icebreaker

1. Tell students to write the word “WANTS” at the top of the paper
2. Tell students that they have 1 minute to write down things that they want to accomplish in their lives
 - *Note: Students should write down things that will improve their lives or make them a better person*
 - Example: Students can write
 - *To make better grades in science class*
 - *To make the basketball team*
 - *Learn how to play the piano*
 - *Open up a lemonade stand business*
 - *To buy their mother a nice dress for her birthday*
 - *To be a doctor*
3. Now it is time to let the students write down their “wants”
 - Note: Do not give students more than 1 minute to write their “wants”*
 - Note: After 1 minute, instruct students to put their pencils down*
4. Tell students to pick the top 5 “wants” that they would like to accomplish in one year
 - Note: Give students 1 minute to do this activity*
5. Tell students to pick 1 “wants” that is the most important to them
6. Inform students that you are going to help them create SMART goals from their “wants.”

Leader's Notes – Explain to students that each letter in the word, SMART, stands for something. Please write 1- 5 below on the board or flipchart paper

1. **S** – stands for Specific – You should be clear about what you want to happen
 - *Not Specific: I want to make good grades*
 - *Specific: I want to have a 93 average in science by May 26th 2007*
2. **M** – stands for measurable – You should be able to track your goal
 - *Not Measurable: I want to make a lot of free throw shots*
 - *Measurable: I want to make at least 9 out of 10 free throw shots in the next basketball game*
3. **A** – stands for Action – What small specific actions must you take to achieve this goal
 - *Wrong: In order to make a 93 average in science by May 26th 2007 I must study*
 - *Right: In order to make a 93 average in science by May 26th 2007 I must read over my science notes every night for 20 minutes*
4. **R** – stands for Realistic – Can you achieve these goals? Is it doable?
 - *Unrealistic: I want make 200 free throw shots in one game*
 - *Realistic: I want to make 8 out of 10 of the free throw shots that I attempt*
5. **T** – stands for Time – You should set a timeframe for your goal
 - *No time: I want to learn to play the piano*
 - *Time: I want to learn to play "Twinkle Twinkle Little Star by June 3rd*

Leader's Notes – Tell students that they will do a fun activity that deal with Smart goals

Activity 2: Make the basket

Prior to activity:

1. Make sure each student has the Goal chart sheet
2. Make sure each student has a pen and/or pencil
3. Make sure you have a ball
4. Make sure you have a small trashcan

Roles of Facilitator(s) and Volunteer(s)

1. **Facilitator**- make sure that participants understand and are doing the activity; answer questions
2. **Volunteer(s)**- same as number one

Start of Activity

1. Tell students that they have a class goal for 50 % of the class to make 50% of their baskets in _____ minutes (*Students will determine the time*)
 - For example: if you have 16 students in your class then 8 or more of those students would have to make 3 shots in the basket or trashcan
 - *Note: Have students tell you a realistic time to achieve this goal*
 - *Note: It will take 6 students less time to achieve this goal than with a class of 20 students*
2. Tell participants that each student will have 6 tries to throw the ball in the basket
3. Tell participants to look at the Goal Chart on pg 6
4. Tell students that the Goal chart will help them track how each person shot
5. Explain how to use the Goal chart and to do this activity
 - Student 1 will take the ball and stand 8 feet away from the basket and throw the ball in the basket for 6 tries
 - If student 1 makes the shot then the class writes “yes” in the box below student 1 and to the right of the box 1st try
 - If student 1 does not make the 2nd shot then the class writes “no” in the student 1 column and to the right of box 2nd try
 - ❖ *If student 1 makes the 3rd, 4th, 5th and 6th shots then the class writes the number “5” in the student 1 column and to the right of Total because the student made a total of 5 shots*
 - Students should keep doing this until student 1 has completed their 6th shot or try
 - Student 2 will repeat what Student 1 did, however, students will track it under the Student 2 column
 - Continue to play the game until all students have taken their shot
6. Before students start the game ask them if they want to take **Actions** steps or steps to help them achieve their goal
 - *Note: Give students about 30 seconds to tell you any action steps they would like to take*
 - *Note: After 30 seconds, you may give them a hint such as taking practice shots*
 - *Note: Another action step is that students should commit to being quiet so the person shooting can concentrate*
7. Make sure that you are keeping the time that the students determined.
8. After all students have completed the activity, have them calculate their results.
9. Have students tell you whether they accomplished their goal
8. Remember the goal is for 50 % of the class to make 50% of their baskets in _____ minutes (*Students will determine the time*)
 - For example: if you have 10 students in your class then 5 or more of those students would have to make 3 shots in the basket or trashcan
10. (*You can also do this activity at a basketball court with a basketball and goal*)

Leader's Notes

Debrief the activity -

1. Ask students what they learned in this activity
2. Ask students to tell you about the most challenging part of this activity
3. Ask students to tell you about the easiest part of this activity
4. Review what SMART goals are. Point to a letter one at a time in the word SMART and pick students to tell you the meaning of the letter.
5. Ask participants if they have any questions about SMART goals.
6. Have students to go back to their most important goal or "wants" that they wrote in the beginning of class
7. Tell them to turn that goal into a SMART goal
8. The purpose of this activity is for students to recognize something they want and how to create to goals to help them to achieve it.

S.M.A.R.T. Goals Activity Worksheet

Write yes if the student made the basket. Write no if the student did not make the basket.

	Student Example	Student 1	Student 2	Student 3	Student 4	Student 5	Student 6	Student 7
1 st try	yes							
2 nd try	no							
3 rd try	yes							
4 th try	yes							
5 th try	yes							
6 th try	yes							
TOTAL	5							

	Student 8	Student 9	Student 10	Student 11	Student 12	Student 13	Student 14	Student 15
1 st try								
2 nd try								
3 rd try								
4 th try								
5 th try								
6 th try								
TOTAL								

Did you achieve your goal? _____