



Title: SMART Goal Setting

Grade: 2

Career Development Model:

Career Planning & Management

Nebraska Career Readiness Standards:

- Demonstrates innovation & creativity
- Models ethical leadership & effective management
- Works productively in teams and demonstrates cultural competence
- Manages personal career development

Objective:

- Students will identify effective strategies for goal setting and planning to promote academic and career success.

Materials and Supplies Needed:

- Instructor computer, projector,
- SMART goal worksheet,
- Data Tracker
- SMART Goal Materials

Class Instructions:

1. Assess student knowledge: How much do you know about goal setting from fist to five? Fist is: "I don't know anything" and 5 is: "I am an expert."
 - a. Introduce SMART goal words: Specific, Measurable, Attainable, Relevant, Time Bound
 - b. Together: Watch video found in PowerPoint. Explain SMART goals to students. Students write down the actual words.
 - c. Discussion: Tell the class what you learned about SMART goals.
(We learned about kids setting goals in their community. Instead, could you think of goals you could make for the school?)
2. What would you make a SMART goal about? Do you think you could make your own SMART goal?
Why or Why not?
 - a. Introduce examples of appropriate SMART goals.
 - b. Have students write their own SMART goals.

Credits/Sources:

Thank you, Denver Public Schools School Counseling –ICAP-Individual Career & Academic Plan, classroom lessons

Data Tracker for Career Development Lesson

SMART Goal Setting

Class _____ Date/Time: _____

1. Number of students who identified themselves as an expert prior to the lesson: _____
2. Number of students who identified themselves as experts after the lesson: _____
3. Number of students who turned in an exit slip after lesson: _____

Students who did not receive the lesson:

Counselor _____

Goal Setting

2nd Grade



Thank you, Denver Public Schools Counseling for this lesson on
Career and Academic Planning

Objective

- o Students will be able to identify a SMART goal
- o Students will be able to create their own SMART goal

Check In

- o How much do you know about *goal setting* from fist to five?
 - o **Fist** is: “I don’t know anything” and
 - o **5** is: “I am an expert”



Word Bank



Here are some words that you want to pay special attention to during our video and lesson. They might not be words you have seen before, but they will start to make sense by the time we are done together.

- o Specific
- o Measurable
- o Attainable
- o Relevant
- o Time Bound



SMART Goal Video

o <https://www.youtube.com/watch?v=5eI5JvTGzAI>

After the video: Now we have seen a group of kids make a goal, they even had an extra adventure along the way. Let's talk about your SMART goals!

Word Bank



Let's talk about these "grown up" words again.

Can you help me describe what these mean? It is important to get used to writing and seeing these words. Write them down on your Word Bank paper.

Write These:

You don't have to write these, we are going to just discuss.

1. Specific
2. Measurable
3. Attainable
4. Relevant
5. Time Bound

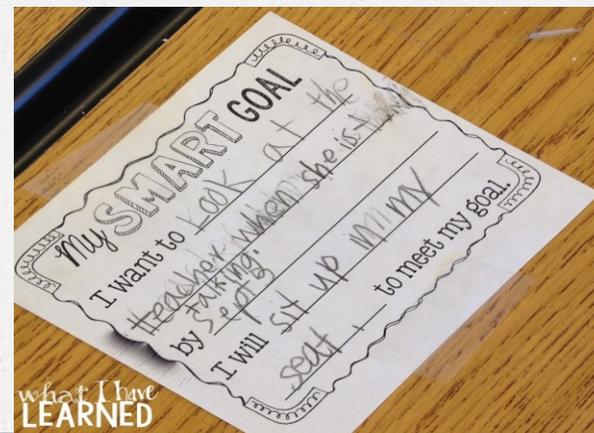
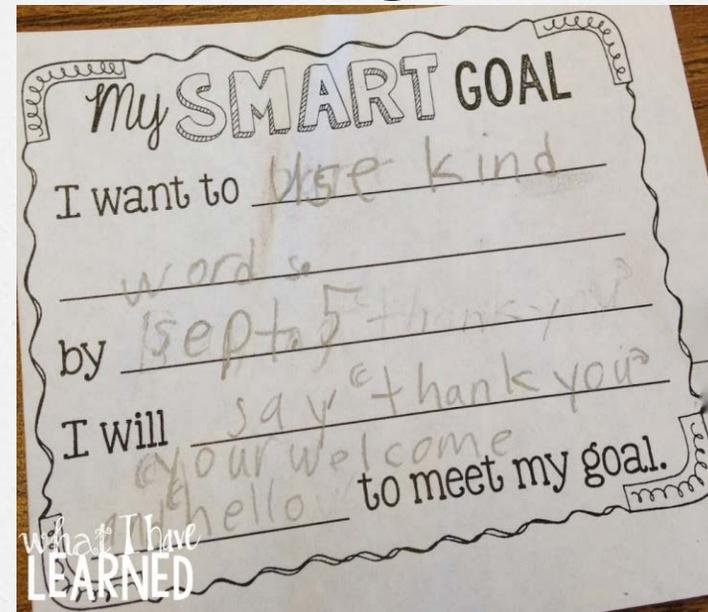
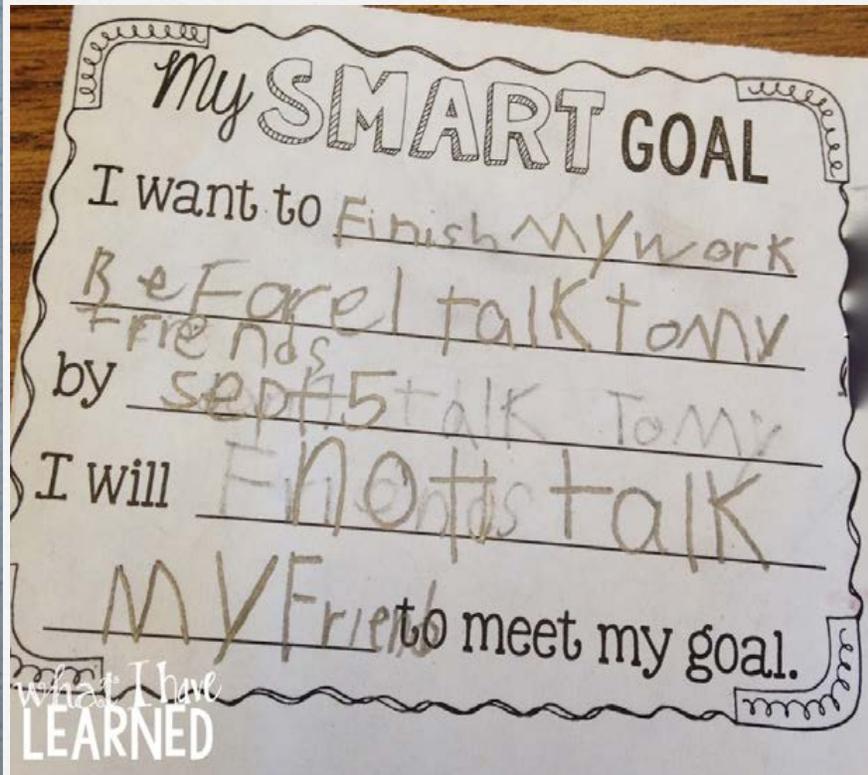
1. Details that explain "How?"
2. Is there a number or a way we can see a change?
3. Do we really have the things or people we need?
4. Is it something important? Do we care about it?
5. Make sure we have a time we want to finish the goal.

Discussion Questions

- o Tell the class what you learned about SMART goals.
- o We learned about kids setting goals in their community. Instead, can we think of goals you could make for school?
- o What would you make a SMART goal about?
- o Do you think you could make your own SMART goal? Why or why not?



Examples of SMART goals



Go to your work station to complete
your own SMART goal.

Show your work to another student and help each other write
the goal just right so it SMART

My SMART GOAL

I want to _____

by _____

so I will _____

 _____ to meet my goal.

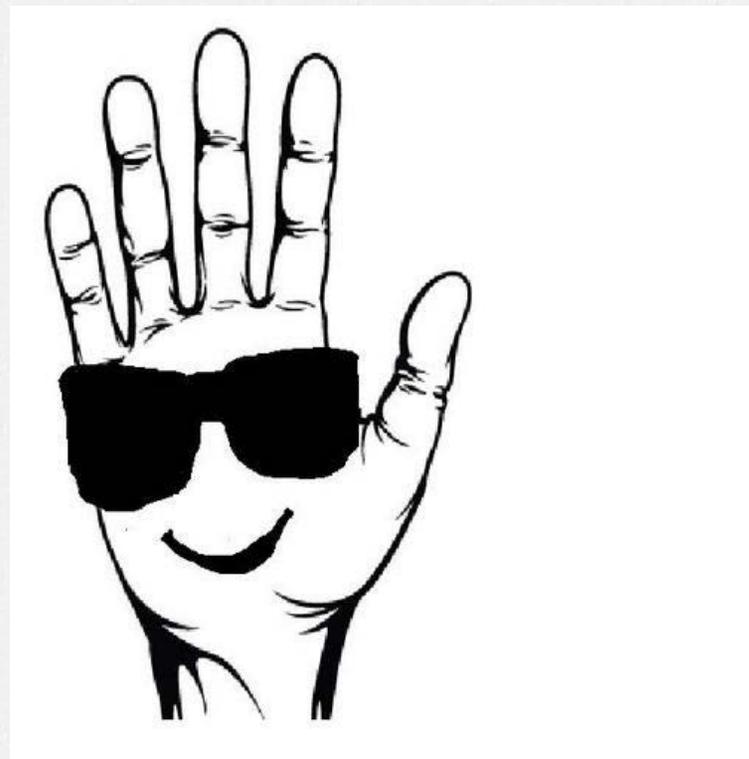
Exit Ticket

- o Please turn in your “Word Bank” and “SMART Goal Sheet” to your counselor



Check Out

- o How much do you know about *goal setting* now? From fist to five - Fist is: “I don’t know anything” and 5 is: “I am an expert”



My SMART GOAL

I want to _____

by _____

so I will _____



_____ to meet my goal.

Word Bank



Let's write some words to help us understand GOALS

Name: _____

Date: _____

S= _____

M= _____

A= _____

R= _____

T= _____