**Objective:** By the end of this course, students will understand the goal setting process.

**Outcome:** By the end of this course, students will be able to identify personal transition goals and how to reach them.

**Goal:** You'll know the course is successful if students can identify 1-3 personal transition goals and actionable steps to attain them.

**Time:** Students can work through the 16 lessons of this course at their own pace.

**Prerequisite:** None.

**Common Core State Standards (CCSS):** RI.9-10.4, RI.9-10.7, SL.9-10.1, SL.9-10.2, W.9-10.10

**Texas Essential Knowledge and Skills (TEKS):** 110.31. (b)(1)(A), 110.31.(b). (9), 110.31.(b)(24)-(25), 110.31.(b)(12), 110.31.(b)(13)

**Competencies:** Transition, self-awareness, self-determination, communication skills

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**Unit 1: Introduction to Goal Setting**

- Lesson 1: What are Goals?
- Lesson 2: Short and Long-Term Goals
- Lesson 3: Goal Setting

**Unit 2: SMART Goals**

- Lesson 1: Specific Goals
- Lesson 2: Measurable Goals
- Lesson 3: Achievable Goals
- Lesson 4: Relevant Goals
- Lesson 5: Timely Goals

**Unit 3: Reaching Goals**

- Lesson 1: Chunking Goals
- Lesson 2: Persistence and Grit
- Lesson 3: Setting Deadlines
- Lesson 4: Measuring Progress

**Unit 4: Goal Attainment**

- Lesson 1: Celebrating, Reflect, and Evaluate
- Lesson 2: Regrouping and Revising
- Lesson 3: Action Planning
- Lesson 4: Summative Assessment