

# Personal Goal Setting: Scope and Sequence

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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

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

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

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

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

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**Prerequisite:** None.

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**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

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**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)

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