

Setting Personal Goals: Scope and Sequence

Unit 1: Introduction to Goal Setting

Pre-Course Assessment

Course Introduction

Lesson 1: What are Goals?

Lesson 2: Short and Long-Term Goals

Lesson 3: Goal Setting Process

End of Unit Wrap-Up and Reflection

Connect to Home: Conduct an Interview

Unit 2: S.M.A.R.T. Goals

Lesson 1: Specific Goals

Lesson 2: Measurable Goals

Lesson 3: Achievable Goals

Lesson 4: Relevant Goals

Lesson 5: Timely Goals

Connect to Home: Write a Newspaper or News Story

End of Unit Wrap-Up and Reflection

Unit 3: Reaching Goals

Lesson 1: Chunking Goals

Lesson 2: Persistence and Grit

Lesson 3: Setting Deadlines

Lesson 4: Measuring Progress

Connect to Home: Discuss Goals

End of Unit Wrap-Up and Reflection

Objective: By the end of this course, students will be able to identify a goal and take actionable steps to reach their goal.

Outcome: By the end of this course, students will be able to identify a post-school S.M.A.R.T. goal and develop an action plan to reach that goal.

Goal: Students will build self-awareness and communication skills for post-school success.

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

Prerequisite: TAGG or another transition assessment is strongly recommended.

Common Core State Standards (CCSS): RI.9-10.4, RI.9-10.7, SL.9-10.1, SL.9-10.2, W.9-10.4, W.9-10.5, W.9-10.6, W.9-10.10, L.9-10.1, L.9-10.4

Texas Essential Knowledge and Skills (TEKS): 110.31.(b)(1)(A), 110.31.(9), 110.31.(24)-(26), 110.31.(12), 110.31.(13), 110.31.(17), 110.31.(b)(1)(b)-(e)

Competencies: Self-awareness, communication skills, interpersonal skills

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Unit 4: Goal Attainment

Lesson 1: Celebrating, Reflecting, and Evaluating

Lesson 2: Regrouping and Revising

Lesson 3: Action Planning

Lesson 4: Summative Assessment

Connect to Home: Share Your Action Plan

End of Unit Wrap-Up and Reflection

End of Course Wrap-Up and Reflection

Post-Course Assessment and Evaluation