

Scope and Sequence

# Setting Personal Goals

Transition Curriculum



# Setting Personal Goals: Scope and Sequence

## Pre-Course Assessment

### Unit 1: Introduction to Goal Setting

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.(b)(9), 110.31.(b)(24)-(26), 110.31.(b)(12), 110.31.(b)(13), 110.31.(b)(17), 110.31.(b)(1)(B) and (E)

**Competencies:** Self-awareness, communication skills, interpersonal skills

## Post-Course Assessment and Evaluation