

Teacher Led		Requires Computer	X	Requires myBlueprint.ca	X
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LEARNING GOALS:

1. Students will identify S.M.A.R.T. goals and create 2 of their own

MATERIALS:

- Computers, tablets or mobile devices
- **Handout [A] - Activity Worksheet**
- **Handout [B] – SMART Goal Setting planning sheet**

GETTING STARTED:

1. Have students visit www.myBlueprint.ca, and enter their email and password to log in.
 - **Forgotten password?** Students can reset their passwords by clicking on the 'Forgot your password?' link in the green Existing User box.
 - **Forgotten email?** As a teacher/counsellor, you can reset your students' emails and passwords in your Student Manager or My Classes.

INSTRUCTIONS:

1. Watch the 2 videos on my website that outline what are good goals. Then complete Worksheet A, which is an overview of how to establish a Good Goal.
2. Complete Worksheet B, which makes sure you understand each element of a SMART Goal, and incorporate it into your 2.
3. Then select **Goals** from the navigation menu and click **+ Add Goal**.
4. Add **Two (2) Goals** (with a FULL SMARTGOAL description, goal type, and timeframe), and add at least TWO (2) tasks (**Action Plan**) for each goal to outline on how you plan on achieving these goals.

See me for a \$10 paycheque when completed. They must be done by week's end to get a paycheque.

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HANDOUT [A] - ACTIVITY WORKSHEET

Use the following guidelines to help you create achievable goals!

ARE YOUR GOALS S.M.A.R.T.?

S – **Specific:** “Do well in Math” ❌

“Get 80% in Math” ✔️

M – **Measureable:** “Get healthy” ❌

“Exercise for 30 minutes twice a week” ✔️

A – **Achievable:** “Bank \$500,000 a month” ❌

“Bank 10% of what I earn this year” ✔️

R – **Realistic:** “Become a rock star” ❌

“Learn how to play the guitar” ✔️

T – **Timely:** “Finish Halloween costume” ❌

“Finish Costume by October 15” ✔️

Review the following goals and change them into S.M.A.R.T goals using the guidelines above:

- “Do well in school” → _____
- “Get a job” → _____
- “Workout more” → _____
- “Save enough for university” → _____
- “Finish university application” → _____
- “Win an Oscar Award” → _____

Goal Tasks: How will you achieve your goal?

“Get 80% in Math” ✔️

Task: Find a math tutor.

“Exercise for 30 minutes twice a week” ✔️

Task: Get a gym membership.

“Bank 10% of what I earn this year” ✔️

Task: Spend less money on clothes.

“Learn how to play the guitar” ✔️

Task: Practice for 30 min. a day.

“Finish Costume by October 15” ✔️

Task: Spend 1 hour on the costume 3x / week.

Review the following goals and write down specific tasks for them using the guidelines above:

- “Find a part-time job for the summer” Task: _____
- “Volunteer 3 hours a week” Task: _____
- “Save at least \$1000 by September” Task: _____
- “Read at least 3 books per month” Task: _____
- “Bike to school every day” Task: _____

