Coffee with the Principal

December 5, 2019

Goal Setting

Running a Marathon

- 26.2 Miles
- Weekly goals
- Diet
- Resources
- Materials
- Time Management

Why Set Goals?

- The research argues that goal-setting skills also increase students' **self-efficacy** and **intrinsic motivation** to further their learning.

- Goal setting helps students be accountable for every action or step they take. Having goals makes learners aware of their actions, efforts, and even their **time management skills**.

- Goal Setting pushes students to **tackle challenges** head on and **work on their weaknesses** for overall success.

- Goal-setting is practiced by **top-level athletes**, **successful businesspeople** and **achievers** in all fields.

- Setting goals gives students **long-term vision** and **short-term** motivation.

Positive Goal-Setting Characteristics

- Setting goals that are not too challenging and not too easy.

- Establishing goals that are short-term rather than too far in the future.

- Goals are specific rather than general.

- Offering students opportunities to set their own goals.

- Accompanying the act of goal setting with other related steps such as planning self-evaluation, regular feedback, and reflection.

SMART GOALS

Specific	Measurable	Achievable	Realistic	Timely
S	**M**	**A**	**R**	**T**
G	**O**	**A**	**L**	**S**
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

Example of SMART Goal

Specific – I want to increase my Lexile score by 50 points (850 – 900).

Measurable – Success can be measured by reading 20-30 minutes/day and when I take the next Reading Inventory assessment.

Achievable – This can be achieved by assigning a friend, sibling, or parent as an accountability partner.

Realistic – This goal will push me but is realistic because my Lexile score grew 30 points from the last Reading Inventory assessment.

Timely – I will know I've reached my goal in February when I take the next Reading Inventory Assessment.

Starting with the End in Mind

- College
- Retirement
- Grades
- Career
- Projects

Next Coffee with the Principal

Thursday, January 9 2020 @ 9:30