

Learning Agility & Grit
Goal Setting
Lesson Plan

<u>Objective:</u> Participants will be able to create SMART Goals	
<u>Total Time:</u> 90 Minutes	
<u>Materials Required:</u> White board and markers	
<u>Instructor Note:</u> Using self-evaluation that students did in the previous session, students should be able to set short term and long term goals. Students will get trained in what, why and how of goal setting.	
<u>Opening Protocol:</u> <ul style="list-style-type: none"> ● Greet the participants ● Take attendance ● In pairs, ask participants to share with each other how they are feeling ● Recap the previous session by asking 1-2 participants to share with the class, what they learnt and did in the previous session 	5 Minutes
<u>Opening Activity:</u> Trainer can talk about their career journey, achievement & failures too. Share how you set your goals and action plans. Let them ask questions. Ask students to share any example from their life or from their families where people set goals and achieve them with persistent action. Tell them that using self-awareness and self-evaluation, we will learn about goal setting today.	10 Minutes
<u>Activity 1: Concluding Self-Evaluation</u> <ul style="list-style-type: none"> ● Ask students if they had asked their teacher, friend and family member for feedback and have they filled the evaluation tables in the handbook ● Divide students in groups of 4 and give them 10 minutes to share their experience, challenges, feelings of doing evaluation ● Ask groups to share at least 1 experience good or bad that any of their group member had had while taking feedback from people ● If there are some students who hadn't completed their assignment of taking feedback, ask them to get it done after this session 	15 Minutes
<u>Activity 2: Think and Discuss</u> <ul style="list-style-type: none"> ● Divide class in 3 groups and give them 5 minutes to discuss 	10 minutes

<ul style="list-style-type: none"> ● Group A will discuss “What should we do Goal Setting” ● Group B will discuss “What is goal setting” ● Group C will discuss “How should we do goal setting” ● After 5 minutes, ask each group to send one representative to conclude what they discussed <p>Activity 3: SMART Goals</p> <ul style="list-style-type: none"> ● Write two statements on the board- <ol style="list-style-type: none"> 1. “I want to have a fit body” 2. “I want to bring my body weight to 50 kilos in 10 days” ● Ask students which statement describes a goal? Take some responses ● Explain SMART Goals to them using examples. Students already have examples and concepts in handbook that trainer and students can use for discussion 	
<p>Activity 4: Practice Goal Setting</p> <p>Set the Goal (10 minutes)</p> <ul style="list-style-type: none"> - We will actually set a goal today and we will set it as per the SMART formula - You will all have 10 minutes to think about a GOAL that you want to achieve in next 10 Days - Tell them that I am helping you with the aspect of time i.e. 10 days - You have to set a goal that you can achieve in 10 days, should be Specific, Measurable, Achievable, Relevant <p>Discussion – (20 Minutes)</p> <ul style="list-style-type: none"> - Give instructions that everyone will have 1 minutes to talk about their goal - While one team member is speaking everyone else will note down if they have any feedback for him/her in terms of SMART formula <p>Mark the goal- (10 minutes)</p> <p>After taking feedback from peers and trainers, each student will write their goal in the handbook where the table has been given.</p>	40 Minutes
<p>Closing/Debrief:</p> <ul style="list-style-type: none"> - Ask students how are they feeling - Tell them that they have done a great job of setting a concrete goal today <p>Discuss your SMART Goal with that same friend, family member and teacher who has given you feedback in a self-evaluation session.</p>	5 Minutes

<p><u>Closing Protocol:</u></p> <ul style="list-style-type: none">● Thank the participants for their time● Announce the next time you will be visiting them● Share the topic of the next session● Collect 1-2 most interesting activity sheets/artefacts from students and show to Nodal officer and institution head after session● Click pictures of the artefacts for documentation	5 minutes
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