

# **GOAL SETTING ASSIGNMENT**

## I. Understanding Goals

SMART GOALS need to be:

S - specific, significant, stretching

M - measurable, meaningful, motivational

A - agreed upon, attainable, achievable, acceptable, action-oriented

R - realistic, relevant, reasonable, rewarding, results-oriented

T - time-based, timely, tangible, trackable

## II. Brainstorm

- a. Take 5-10 minutes to brainstorm any and all areas in your academic life that you would like to improve on this quarter/semester/year.
- b. When the time is up, choose one of the areas to focus on.

## III. Dive Deeper

- a. Write a goal statement
- b. Ideas of what you need to reach your goal
- c. Assess where you are now
- d. Brainstorm obstacles you may face
- e. Brainstorm possible (realistic) solutions to these obstacles

## IV. Write It Up (Commit To It)

- a. Use the Dive Deeper Organizer to help write up your goals.
  - i. Write an expository goals essay.
    1. Introduction should clearly state your goal and “Road Map” the rest of the essay.
    2. Body Paragraphs should be organized and structured for fluency and content. Remember to include all items on your “Dive Deeper Organizer”.
    3. Conclusion paragraph should summarize your main point, reasoning, and should show your commitment to your goal.

### **Things to keep in mind:**

1. This will be Artifact A in your Portfolio and will be referenced throughout the year.
2. This is a scored assignment. Your grade will be based as follows:

**A (90-100 percent range)** = Student wrote a goal following the S.M.A.R.T. ideology showing thorough brainstorming and in-depth reflection, thinking, and problem solving as evidenced on the Dive Deeper Organizer. Student's essay includes an attention getting, strong introduction followed by sufficient evidence, examples, and explanations in the body to support claims in the introduction, and an equally strong conclusion demonstrating the student's commitment to the goal. Student's writing shows attention to detail specifically in regards to the 6 traits of writing. (Equal to a 4 or higher in each category).

**B (80-89 percent range)** = Student wrote a goal following the S.M.A.R.T. ideology showing thorough brainstorming and in-depth reflection, thinking, and problem solving as evidenced on the Dive Deeper Organizer. Student's essay includes an attention getting, strong introduction followed by sufficient evidence, examples, and explanations in the body to support claims in the introduction, and an equally strong conclusion demonstrating the student's commitment to the goal. Student's writing shows attention to detail specifically in regards to the 6 traits of writing. (Equal to 3's and 4's in each category).

**C (70-79 percent category)** = Student wrote a goal following the S.M.A.R.T. ideology showing some brainstorming and reflection, thinking, and problem solving as evidenced on the Dive Deeper Organizer. Student's essay includes an introduction followed by sufficient evidence, examples, and explanations in the body to support claims in the introduction, and a conclusion demonstrating the student's commitment to the goal. Student's writing shows some attention to detail in regards to the 6 traits of writing. (Equal to 3's and 4's in each category).

**D (60-69 percent category)** = Student wrote a goal that may or may not have followed the S.M.A.R.T. ideology showing some evidence of brainstorming and reflection, thinking, and problem solving on the Dive Deeper Organizer. Student's essay includes an introduction followed by some evidence, examples, and explanations in the body to support claims in the introduction, and a conclusion. Student's writing shows little attention to detail in regards to the 6 traits of writing. (Equal to 1's, 2's, and 3's in each category).

**F (50-59 percent category)** = Student attempted some parts of this assignment, but either did not complete them all or demonstrated very little academic effort in their completion.

**F (below 49 percent)** = Student chose not to turn-in the assignment or lack of effort severely impedes the quality of the work.

Due Date: \_\_\_\_\_