

19 Write a Family Life Growth Goal

TRANSITION OBJECTIVE

Students will identify, write and monitor a Family Life growth goal for the next six weeks.

RELEVANCE TO SUCCESSFUL TRANSITION

Research shows that the most effective way to reach a goal is to write it down, post it in a familiar place and evaluate your progress regularly. In this lesson students have the opportunity to write a growth goal specifically related to a happy family life in the future.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

A happy family life is important because . . .

❑ STEP 2: Convene Roundtable

"When I think about having a family of my own, I feel ____."

❑ STEP 3: Advance Organizer

"Today you will learn about and write your **Family Life Growth Goal** using the information you now know about families."

❑ STEP 4: Activity - 15 Minutes

Explain again how important it is to set goals for yourself. Research shows that if you set a goal, write it down and read over it or think about it often, you will reach that goal. Read through the **Family Life Growth Goal Contract**. On a screen image, share your **Family Life Growth Goal Contract** with the class. Talk about how and why you came to your goal decision.

Students will share their results from the **Independent Living Growth Goal Contract** from Unit 3. On the handout **Graph Your Results**, mark the total number of "yes" responses in the columns representing each of the six weeks on the **Daily Goals Chart**. Have students figure their percentage of success by dividing the number of "total" days into the number of "yes" days. Ask pairs to analyze their success or lack of success.

After three minutes have pairs share their conclusions. Discuss the reasons for success or lack of success with the class.

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LESSON 19

LIFE MANAGEMENT: Unit 4

Graph Your Results

Circle the number that represents your total number of "yes" answers for each of the six weeks. Connect the numbers with a line to show your progress over the next six weeks.

7	7	7	7	7	7
6	6	6	6	6	6
5	5	5	5	5	5
4	4	4	4	4	4
3	3	3	3	3	3
2	2	2	2	2	2
1	1	1	1	1	1
0	0	0	0	0	0
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6

Directions:
 Circle the number that represents your total number of "yes" days in each week.
 Write the total number of days possible: _____
 Write the total number of "yes" days: _____
 To find your percentage of success, divide:
 total "yes" days _____ by the total days: _____ = _____%

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LIFE MANAGEMENT: Unit 4 LESSON 19

FAMILY LIFE GROWTH GOAL CONTRACT

An area I will work on to learn to live a happy family life is: _____

I will work on this goal for this amount of time:
From: _____ To: _____

I will evaluate and record my progress on the chart below.

I am committed to this independent living growth goal.
Student Signature: _____ Date: _____

Daily Goals Chart

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							

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determine their growth goal. Help students determine an appropriate goal and provide assistance with spelling and vocabulary to complete the contract. Assure students that this goal is personal and will not be shared with others. After students have completed their growth goals, explain that the next step is to keep track of their progress on a daily basis.

Go over the handout **Daily Goals Chart** with students. Tell them to mark a “yes” or “no” on a daily basis at the start of class, depending upon their progress.

☐ **STEP 6: Evaluate Outcomes**

Checking my progress on my growth goal each day is important because “_____.”

☐ **STEP 7: Connecting Activity**

Students select a person they feel is successful. Ask about goals that the person has set throughout his/her life.

☐ **STEP 5: Activity - 30 Minutes**

Give students time to complete the **Family Life Growth Goal Contract**. Remind them that they may refer to other lessons in the unit to

KEY WORDS

growth

goal

contract

decision

personal

MATERIALS AND PREPARATION

- Student Handouts: **Graph Your Results**, page 176; **Growth Goals Contract & Daily Goals Chart**, page 177.
- Make a screen image of the **Graph** and prepare your own example to share with the class.
- Prepare a sample of the **Growth Goals Contract & Daily Goals Chart**.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Writing, Math, Listening, Speaking
- Thinking Skills: Decision Making
- Personal Qualities: Responsibility, Self Management, Integrity/Honesty