

20 Write a Career Growth Goal

TRANSITION OBJECTIVE

Students will identify, write and monitor a career 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 their communication skills.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

I am ready to choose a career because . . .

❑ STEP 2: Convene Roundtable

"One way I am growing is ____."

❑ STEP 3: Advance Organizer

"Today you will learn about and write a **Career Choice Growth Goal** using the information you now know about careers."

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PERSONAL MANAGEMENT: Unit 2 LESSON 20

CAREER GROWTH GOAL CONTRACT

To choose a career, I will:

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 career 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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goal, write it down and read over it or think about it often, you will reach that goal. Read through the **Career Growth Goal Contract**. On a screen image, share your own **Career Growth Goal Contract** with the class. Talk about how and why you came to your goal decision.

Ask students to share their results from their **Communication Growth Goal** in Unit 2. Using their completed **Daily Goals Chart**, have students share their progress with a partner. On the board, graph their results by comparing the number of days with "yes" responses vs. days with "no" responses. Have students figure their percentage of success by dividing the number of total days into the number of "yes" days, then analyze the results and share their conclusions. Discuss the reasons for success and lack of success with the class.

❑ STEP 5: Activity - 30 Minutes

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

❑ STEP 4: Activity - 15 Minutes

Explain again how important it is to set goals for yourself. Research shows that if you set a

should continue to keep track of progress on a daily basis.

Review the **Daily Goals Chart** with students. On a daily basis before class starts, students should mark a “yes” or “no” related to their progress.

❑ **STEP 7: Connecting Activity**

Students select a person they feel is successful and ask about the goals that person has set throughout their life.

❑ **STEP 6: Evaluate Outcomes**

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

KEY WORDS

growth

goals

contract
decision

personal

confidential

MATERIALS AND PREPARATION

- Student Handout: **Career Growth Goal Contract** and **Daily Goals Chart**, page 102.
- Prepare sample of **Growth Goals Contract**.
- Prepare sample of **Daily Growth Goals** chart.

SCANS FOUNDATION SKILLS

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