

28 Write a Growth Goal for Training and Education

TRANSITION OBJECTIVE

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

RELEVANCE TO SUCCESSFUL TRANSITION

Working toward accomplishing a personal growth goal is an important self-determination skill. Research shows that the most effective way to reach a goal is to write it down, post it in a familiar place and regularly evaluate your progress. In this lesson, students have the opportunity to write a growth goal specifically related to their choices for future training and education.

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 your **Getting a Job Growth Goal** using the information you now know concerning careers."

❑ 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 **Getting a Job Growth Goal Contract**. Using the screen image, share your **Getting a Job Growth Goal Contract** with the class. Talk about how and why you came to your goal decision.

129



CAREER MANAGEMENT: Unit 2 LESSON 28

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 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 "yes" days: _____
To find your percentage of success, divide:
total "yes" days _____ by the total days: _____ = _____ %

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130



CAREER MANAGEMENT: Unit 2 LESSON 28

GETTING A JOB GROWTH GOAL CONTRACT

An area I will work on to learn how to get a job: _____

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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Have students share their results from the **Self-Advocacy-Growth-Goal Contract** from Unit 1. Using their completed **Daily Goals Chart**, have students discuss their progress with a partner. On the handout **Graph Your Results**, mark the total number of “yes” responses in the columns representing each of the six weeks. Have students figure their percentage of success by dividing the number of “total” days into the number of “yes” days. Ask pairs to analyze the success or lack of success. After three minutes, have pairs 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 **Getting a Job Growth Goals 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, explain that the next step is to keep track of their progress on a daily basis.

Go over the **Daily Goals Chart** with students. Tell students that they will mark a “yes” or “no” in relation to their progress on a daily basis before class starts.

☐ **STEP 6: Evaluate Outcomes**

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

☐ **STEP 7: Connecting Activity**

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

KEY WORDS

growth

goal

contract
confidential

decision

personal

MATERIALS AND PREPARATION

- Student Handouts: **Graph Your Results**, page 129; **Growth-Goals Contract**, page 130.
- Make a screen image of the handout and prepare your own example to share with the class.
- Prepare a sample of the daily growth goals chart.

SCANS FOUNDATION SKILLS

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