

15 Write a Communication Growth Goal

TRANSITION OBJECTIVE

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

RELEVANCE TO SUCCESSFUL TRANSITION

Working toward 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 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

My communication skills are . . .

❑ STEP 2: Convene Roundtable

"The way I communicate best is ____."

❑ STEP 3: Advance Organizer

"Today you will write a communication growth goal using the information you know about communication and your own communication style."

❑ STEP 4: Activity - 5 Minutes

Tell students that people with high self-esteem and personal power are always looking for ways to grow and increase their skills. Explain that each student will have an opportunity to write a **Communication Growth Goal Contract** on which to work for the next four to six weeks. Explain that this goal must be something they can achieve in a short time. Show them the **Communication Growth Goal Contract** on a screen image and share yours with them. Talk about how and why you came to your goal decision.

❑ STEP 5: Activity - 20 Minutes

Explain again how important it is to set goals for yourself. Ask students to share their results from their **Self-Esteem Growth Goal**. Using their completed **Growth 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 analyze and figure their success percentage by dividing the number of total days into the number of "yes" days, then share their conclusions. Discuss the reasons for success or lack of success with the class.

45

CAREER MANAGEMENT: Unit 1
LESSON 15

**COMMUNICATION
GROWTH GOAL CONTRACT**

To increase my Communication Skills, 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 communication 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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THE TRANSITIONS CURRICULUM

□ STEP 6: Activity - 20 Minutes

Have each student write a **Communication Growth Goal Contract**. Remind them to look through the information from Unit 2. Possible areas for goals include positive self-talk, controlling what you think about yourself, handling put-downs, communication style, eliminating “can’t,” “try” and “have to,” using effective communication skills, controlling your anger and handling accusations. Have students share their growth goal with their partner, then ask for volunteers to share with the class. Quickly review the process for keeping a daily record of progress on the **Growth Goals Chart**.

□ STEP 7: Evaluate Outcomes

My communication growth goal will help me “_____.”

□ STEP 8: Connecting Activity

Ask students to share their growth goal with a friend or family member. Ask a successful person from the community to speak to the class about her/his personal goals, how they set their goals and how and when they attained them.

KEY WORDS

growth**self-improvement****progress****contract****MATERIALS AND PREPARATION**

- Student Handout: **Communication Growth Goal Contract and Chart**, page 45.
- Prepare your own **Communication Growth Goal Contract** to share with students.
- Prepare to go over the handout **Growth Goals Chart**.
- Prepare to discuss ideas for the contract.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Writing
- Thinking Skills: Creative Thinking
- Personal Qualities: Responsibility, Self-Esteem, Sociability, Self-Management, Integrity/Honesty