

17 Write a Training and Education Growth Goal

TRANSITION OBJECTIVE

Students will identify, write and monitor a communication 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 future training and education choices.

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 **Training and Education Growth Goal** using the in-formation you now know about 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, read over it or think about it often, you will reach that goal. Read through the **Training and Education Growth Goal Contract**. On the screen image share your **Training and Education Growth Goal Contract** with the class. Talk about how and why you came to your own goal decision.

Students share their results from the **Career Decision Growth Goal Contract** from Unit 3. Using their completed **Daily Goals Chart**, 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 and share conclusions. Discuss the reasons for success and lack of success with the class.

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PERSONAL MANAGEMENT: Unit 3 LESSON 17

TRAINING & EDUCATION
GROWTH GOAL CONTRACT

To choose the right training and education, 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 training and education 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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❑ STEP 5: Activity - 30 Minutes

Give students time to complete the handout **Training and Education 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. 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 his/her life.

❑ **STEP 6: Evaluate Outcomes**

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

KEY WORDS

growth

goal

contract
confidential

decision

personal

MATERIALS AND PREPARATION

- Student Handout: **Growth Goals Contract & Daily Goals Chart**, page 154.
- Make a screen image of the handout and prepare your own example to share with the class.
- Prepare sample of daily growth goals chart.

SCANS FOUNDATION SKILLS

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