**Secondary Guidance Lesson**

*Setting Goals*

**Objective:** To prepare students for success by setting SMART Goals.

**Video**: <https://youtu.be/1uaWRwa5ELw>

**Activity:** In order to plan for your future, you should set long term and short term goals.

**Long term goals:** Goals that require time and many steps to achieve them. It is usually something that you want to accomplish in the future.

*What is a long term goal that you want to accomplish in five years?*

**Short term goals:** This is a goal that you can accomplish soon. It is something that you can do in the near future. Short term goals can lead to your long term goal.

*What is a short term goal that you want to achieve?*

**SMART Goals** is a tool that you can use to plan and achieve your goals.

**S**- Specific( Write out clear concise goals)

**M**- Measurable (The ability to track your progress)

**A**-Attainable ( Setting challenging, yet achievable goals)

**R**- Relevant ( Set goals that are relevant to your overall life plan)

**T**- Timely (Goal has a target finish time)

**Follow-up/Closing:**

What are some ways in which you can set SMART goals for yourself?

( create a vision board, write down your goals and make them visible for everyday, make a digital goal board, make a portfolio that has everything related to your goal)

Think of one long term goal and a short term goal.