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Description automatically generatedISSAQ 101: Goal Commitment

## **General Information**

## Purpose

Goal Commitment focuses on a student's value and prioritization of a college degree goal. Helping the students understand what their “why” is. Sharing with students the importance of having goals and plans, but also being able to pivot and be flexible. No goals are ever achieved without setbacks. Also, exposing students to setting goals that are realistic and within reach given their skill set and willingness to sacrifice and work for.

## Learning Outcomes

1. Students will be able to define SMART goals and and identify at least one goal they have for themselves.
2. Students will understand that achieving goals requires sacrifice, hard work, and resiliency.
3. Students will recognize that achieving goals does not always go according to plan.
4. Students can identify resources/tools that may help them achieve their goal

# **Course Materials**

## Required Materials

* Pen/paper

## Optional Materials

* [SMART GOALS – TEMPLATE](https://www.sandiego.edu/hr/documents/STAFFGoals-PerfPlanningGuide1.pdf)
  + You can have your students complete this form in class or for homework.

## References/Resources

* <https://www.sandiego.edu/hr/documents/STAFFGoals-PerfPlanningGuide1.pdf>

# Agenda

## Introduction

* 1. Ask students to write down what their goals are (can be large or small).
     1. A common goal they mention is their career goals.

## Activity

* 1. In small groups (groups of 3), students will share at least one of their goals with the group.
  2. Have students complete the “Year From Now” Activity

## Discussion & Reflection

* 1. Instructor introduces S.M.A.R.T goals (Specific, Measurable, Attainable, Realistic, Timely) and has student reflect if their goal(s) meet this criteria.
  2. Next, I recommend sharing with students a goal you had and how you achieved it. If you are not comfortable with this, you can have a guest speaker, colleague, or upper classmen share their story. Having a member of the campus community share how they got to where they are today can leave a meaningful impact on students. Specifically, explaining the challenges and setbacks they faced along the way. No path to success is a straight line, illustrating the ups and downs are critical to have students understand that challenges are a part of the journey and setbacks are normal.

## Assignment(s)

* 1. You can choose to have students complete the S.M.A.R.T goal sheet in class or for homework.