PBL PARTICIPATE

SET REALISTIC GOALS TO IMPROVE YOUR LEARNING

LEARNING INTENT: STUDENTS WILL UNDERSTAND WHY IT IS IMPORTANT TO SET LEARNING GOALS

- Success criteria:
 - Understand what the SMART goal framework is.
 - Set learning goals for each of their subjects.
- Vocabulary:
- SMART Goals

WHAT IS A LEARNING GOAL:

- Each lesson we have a LEARNING EXPECTATION which is a learning goal that the class aims to achieve by the end of the lesson
- Our success criteria is HOW we will achieve that goal
- Our vocabulary are the WORDS we need to understand to achieve that goal
- You should have your own LEARNING GOALS that you wish to achieve each term, semester and year that you want to achieve in each subject. These can vary and can be PERSONAL, WORK, SPORT or SCHOOL related.
- While there are many ways to create goals, the most proven way is through the SMART goals framework.

SMART GOALS:



Who, What, Where, When, Why, Which

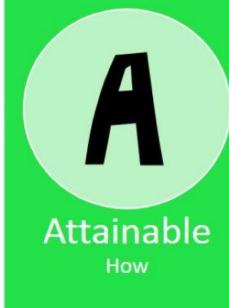
Define the goal as much as possible with no ambiguous language.

WHO is involved, WHAT do I want to accomplish, WHERE will it be done, WHY am I doing this (reasons, purpose), WHICH constraints / requirements do I have?

Measurable From and To

Can you track the progress and measure the outcome?

How much, how many, how will I know when my goal is accomplished?



Is the goal reasonable enough to be accomplished? How so?

Make sure the goal is not out of reach or below standard performance.



Relevant Worthwhile

Is the goal worthwhile and will it meet your needs?

Is each goal consistent with other goals you have established and fits with your immediate and long term plans?



Your objective should include a time limit. "I will complete this step by month/day/year."

It will establish a sense of urgency and prompt you to have better time management.

CREATE A SMART GOAL

• Create a SMART goal for one subject. It might be a good idea to create this goal for either the subject you are currently in OR a subject you are currently facing some challenges in.

• Examples of goals:

- To achieve at least 4 Bs on my Semester 2 report card.
- To achieve Excellent in every subject for effort.
- To beat my own personal best time for 200m freestyle.
- To do my best in Maths and not be distracted by others.
- To arrive at class on time, with all required materials and be lined up before the second bell rings.
- You will then break this down into S M A R T so make sure you can define, measure, attain the goal and it is relevant and timely to you right now!