The ADVICE Method: Planning for the Future
Aspirations – Session 2
Facilitator Guide

Preparing for the Workshop:

In this session, facilitators will walk students through concepts incorporated with constructing effective goals. Students will be asked to construct a goal that will be used throughout the next two sessions. For this exercise to work most effectively, goals must be achievable in the near future.

I.   Effective Goal Setting
   - Setting SMART goals

Facilitator expectation	Student participation
Effective goal setting Positive Goal Setting • Briefly discuss the psychological difference between telling yourself to *do* something as opposed to telling yourself *don't do* something	• As a class, write a goal on the board as a *don't* (negative) and then as a *do* (positive). Poll students to determine which they would be more inclined to achieve.
Prioritizing • Discuss how focusing on the most important goals first will help to avoid feeling overwhelmed • Writing down goals will help maintain focus as well as emphasize the importance of them. *Written words have strength to them that spoken words may not always hold.* ○ e.g. the difference between a verbal agreement and a written contract	• As a class, make a short list of different goals and practice prioritizing
Controlling Your Goals • Discuss the correlation between rates of success with level of control over goals. Mention how having as much control as possible is optimal in order to maintain the higher level of confidence that comes with achieving a goal. ○ e.g. Personal best time vs winning the race (you may lose due to a bad call –out of your control)	• Have students come up with a couple examples of controllable goals

Setting the "right" goal

- Compare goals that are either too easy or unrealistic to achieve. Use the same goal, worded in different ways.

  Ex:
  I'm going to lose 1 lb in two weeks
  vs
  I'm going to lose 20 lbs in 2 weeks

- Have students practice setting a "right" goal. Give them the option of using this goal for the next two sessions or constructing a new one to bring back to the next session.

  Remind them to bring back a goal that is achievable in the near future.