

The ADVICE Method: Planning for the Future

Aspirations - Session 3

Facilitator Guide

Preparing for the Workshop:

In this session of the Aspirations Workshop, students will practice setting SMART goals.

Facilitators will walk students step by step through the five components of setting SMART goals. Students should leave the workshop with, at minimum, one SMART goal that they will bring back to the next session for evaluation.

- I. Effective Goal Setting
 - Setting SMART goals

Materials Needed:

2 copies of the *Setting My SMART Goal* worksheet per student

1 to be completed during the workshop

1 for student to copy as needed

A goal constructed by the student prior to the session

Facilitator expectation	Student participation
<p>Introduction to SMART Goals</p> <p><i>There is a rhyme and a reason to setting goals that are effective.</i></p> <p><i>A common formula to follow is SMART.</i></p> <p><i>Specific</i> <i>Measurable</i> <i>Achievable yet challenging</i> <i>Realistic</i> <i>Time-bound</i></p> <p><i>You may recognize some of these concepts from previous discussions. This session will help us put that prior knowledge into practice.</i></p> <p>Hand out <i>Setting My SMART Goal</i> worksheet so students can follow along as the workshop moves</p>	<ul style="list-style-type: none"> • For this exercise, students will construct a goal they plan on accomplishing in the near future. • Have students take their goal from Session 2 and write it at the top of the <i>Setting My SMART Goal</i> worksheet. • As you move from step to step, have the students revise their goals according to each guideline.
<p>Specific Goals</p> <ul style="list-style-type: none"> • <i>Assess whether or not your goal is too vague. If your goal is not specific enough, your plan for success may not be solid.</i> 	<p>Example:</p> <p><i>“I want to lose weight.”</i></p> <p><i>There are no guidelines for this goal.</i></p> <ul style="list-style-type: none"> • <i>How much weight do you want to lose?</i> • <i>When do you want to lose it by?</i> • <i>What method of weight loss will you utilize?</i> • <i>Why do you want to lose weight?</i> <p><i>Knowing the answers to these questions will shape a goal that is more likely to be met than if you had the general sense of “oh, maybe I’ll lose some weight sometime somehow.”</i></p>

<p>Measurable Goals</p> <ul style="list-style-type: none"> • <i>Your goal should state how you will determine whether or not the goal is being met.</i> 	<p><i>“I want to lose 25 lbs in 10 days.”</i></p> <p><i>This person will know in 10 days, whether or not the goal has been met. At that time, the goal can be evaluated and, if needed, adjustments can be made.</i></p>
<p>Achievable Goals</p> <ul style="list-style-type: none"> • <i>Are your goals able to be met in the near future? With the exception of long-term goals, you should be able to assess whether your goals can be met in a particular time frame. This will help you differentiate between goals you are willing to work longer at achieving and those you know you won't bother attempting.</i> • <i>A good question for assessment would be “How much time do I have to work on this goal?”</i> 	<p><i>“I want to lose 25 lbs in 10 days by eating a big breakfast every morning and only a mixed green salad for lunch and again for dinner.”</i></p> <p><i>10 days may not seem like a long period of time. However, if you know that you cannot adhere to a diet of salad for those 10 days, then adjust your goal to be something you would be willing to follow.</i></p>
<p>Realistic Goals</p> <ul style="list-style-type: none"> • <i>Is your goal sensible? Are you attempting something you know you will never achieve? Are you attempting something that is too easy for you to achieve?</i> • <i>Stretching yourself is a good thing – just be cautious not to stretch yourself toward a goal that is not realistic and one that may lower your confidence if you fail to reach it.</i> • <i>Alternatively, reaching too low will set you up to be unlikely to achieve anything worthwhile (for lack of trying)</i> 	<p><i>“I want to lose 25 lbs in 10 days by eating a big breakfast every morning and only a mixed green salad for lunch and again for dinner.”</i></p> <p><i>10 days is not a long period of time. If you take health issues into consideration, then losing this amount of weight in this short period of time – if even achieved – will be detrimental to your health.</i></p> <p><i>In addition, the person would most likely gain all of that weight back once a “normal” diet was recommenced.</i></p> <p><i>A better goal would be:</i></p>

<ul style="list-style-type: none"> • <i>Set goals for yourself.</i> Do not try to attempt your parents goals (i.e. doctor) if it is not your own goal. 	<p>“I want to lose 25 lbs in four months by eating a healthy diet and exercising at least 3 times a week.”</p> <p><i>Though there are no specific details regarding “healthy” or “exercising,” the goal is more realistic and therefore more attainable. In addition, it follows the doctor recommended 1.5-2 lbs a week for healthy weight loss, with a little time left over for cushion.</i></p>
<p>Time-Bound Goals</p> <ul style="list-style-type: none"> • <i>A goal must have a time limitation in order for your inner procrastinator to not take over.</i> • <i>Be careful to set realistic time limits for your goals.</i> 	
<p>Remind students to bring back the <i>Setting My SMART Goals</i> worksheet to the next session where they will evaluate the effectiveness of their goal setting.</p>	