

## The ADVICE Method: Planning for the Future

Aspirations - Session 4

Facilitator Guide

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### Preparing for the Workshop:

In this last session of the Aspirations Workshop, students will learn how to evaluate the effectiveness of their SMART goals.

#### I. Evaluating Your SMART Goals

### Materials Required:

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

1 to be completed during the workshop

1 for student to copy as needed

Students must bring the *Setting my SMART Goal* worksheet from the previous session.

Facilitator expectation	Student participation
<p><b>Evaluating Your SMART Goals</b></p> <p>Today's workshop will continue to model the goal setting process that students should follow.</p> <p>Hand out <i>Evaluating My SMART Goal</i> worksheet so students can follow along as the workshop moves.</p> <p>Have students write their goal at the top of the worksheet.</p>	<p>Remind students:</p> <p><i>Seeing your goal in writing gives it power.</i></p>
<p>Begin students with Box 1, dealing with the importance of the goal.</p>	<ul style="list-style-type: none"> <li>• Students will evaluate why the goal is important to them. If they cannot see the importance in achieving a goal, they are less likely to work at it.</li> </ul>
<p>After students work on the next box, ask for an example of a potential obstacle. As a class, discuss how that obstacle (and similar ones) can be overcome.</p>	<ul style="list-style-type: none"> <li>• Students will think of specific actions that need to be taken in order to reach the goal as well as any obstacles standing in their way.</li> </ul>
<p>The next box will allow students to evaluate the consequences of their actions. Discuss how big a component the actualization of goals is to planning for the future.</p>	<ul style="list-style-type: none"> <li>• Students will evaluate the importance of realizing this goal. How will it affect them in the future?</li> </ul>
<p>The last box is meant to show students that they do not have to attempt to reach their goals by themselves.</p> <p>Discuss how sharing goals with others creates</p>	<ul style="list-style-type: none"> <li>• Using student examples, discuss the various resources that would be available for particular goals.</li> </ul>

<p>a support system as well as accountability.</p> <p>This is also a place where students will think deeper about what resources are at their disposal to achieve their goals.</p>	<ul style="list-style-type: none"><li>• Try to use different goal models.</li></ul>
<p>As a final step, address the final part of the worksheet that assesses confidence level. Discuss the impact confidence level will have on achieving said goal.</p> <p>Refer back to the psychology of positive thinking.</p>	