**Get “SMART”: Goal Setting Assignment—Planning 10**

**Rationale:** When you consider that of the 20% of the population that DOES set goals, about 70% never achieve them, you have you to wonder why. One reason possibly, is that goals set aren’t “SMART” enough. Another possible reason is a lack of accountability and/or support. In order to enable you to experience success as a goal setter, you are about to embark on a collaborative goal-setting assignment with one of your teachers outside of Planning 10. This assignment will span over several weeks and will require you to meet regularly with your teacher, as well as communicate with me (Mrs. Grey) about the status of your goal.

**Step 1.** Choose a subject/Teacher

**Step 2.** Send your teacher an email and explain the assignment. Set up a meeting with that teacher (cc Mrs. Grey on all correspondence)

**Step 3.** Meet with your teacher and collaboratively come up with a SMART goal for you pertaining to the subject, one that can be achieved within the next 3-4 weeks. Fill out your goal statement and 3 supporting strategies to help you get there.

**Step 4.** Communicate/check-in regularly with your teacher (weekly) in order to ensure you are staying on track.

**Step 5.** Once your goal is achieved, write an (approx.) 200-word response on the process.

Step 1 & 2: Get S.M.A.R.T. : Subject and Meeting

1. The subject area I have chosen to improve in is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. The reason I have chosen this subject is because: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. My meeting with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will be on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Step 4:** Get S.M.A.R.T. weekly check-in log.

Self-reflection is an important part of successfully reaching our goals. Each week you will be required to reflect on how you did in implementing the strategies and action steps you established to help fulfill your goal. You will self-assess your own performance, and then discuss this with your teacher. Give them the form to provide some tips for improvement. Then, have your teacher initial it.

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| --- | --- | --- | --- | --- |
| Date of Meeting: | Self-assessment  (how did I do?): | Teacher feedback: | Teacher initials | Student initials |
|  |  |  |  |  |
|  |  |  |  |  |
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**Step 5**: Get S.M.A.R.T. Final Reflection

Create an approximately 200 word response in which you consider the goal setting process from start to finish. Reflect on your success (or lack thereof). What worked? What did not? What could have been done differently? What did you learn?

**Get S.M.A.R.T: Assignment Timeline**

* To be effective, goal setting needs to be time specific. As a result, you will be expected to meet certain deadlines throughout the duration of this assignment.
* This assignment must be **fully** completed by **November 27th**
* **Step 1 & 2**. You must choose a subject and email your teacher during class on **October 23, 2013** to set up a date to meet (please cc Mrs. Grey).
* **Step 3.** You must have met with your teacher by **WEDNESDAY October 30, 2013** and collaboratively created a S.M.A.R.T goal.
* **Step 4**. Each week you must have met with your teacher by **Wednesday** to communicate your progress with your teacher. On the **Thursday** (see dates below) following your meeting, you will show Mrs. Grey the completed sheet containing your personal reflection, your teacher’s feedback and initials. She will then give you **5 marks.**
  + Check-in 1🡪 **November 7**
  + Check-in 2🡪**November 14**
  + Check-in 3🡪**November 21**
* **Step 5**. Your 200-word response piece must be handed in with your goal template on **November 27th.**

Get S.M.A.R.T.—Breakdown of Marks

* Step 1 & 2 together: 5 marks
* Step 3: 5 marks
* Step 4: 5 marks each (3 meetings) = 15 marks
* Step 5: 15 marks (rubric to follow closer to due date)
* Assignment total = 40 marks