



# Students' Scaffolding Series

## GOAL SETTING

# Learning Outcomes

***After this session students will be able to know...***

- ***What*** is the meaning of goal setting?
- ***What*** is the process of goal setting?
- ***What*** is the importance of goal setting?

*“If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes”*

*- Andrew Carnegie*



# Pre-Session Activity

*Ask students the following questions. Tell them to write the answers on a sheet of paper.*

- *What will you do if you won a lottery?*
- *What is your biggest dream?*
- *If you had a superpower, how would you use it?*
- *If you found a magic stone by touching which you can get any of your wish fulfilled, what will you 'wish'?*



*Ask few students what 'answers' they have written.*

# Goal Setting: Realising your dream!



# A short story to 'Reach your Goal'

*A Frog decided to reach the top of a Tree.*

All frogs shouted,  
"It's impossible, Its Impossible..."  
Still the frog reached the Top...  
How?  
because...  
He was DEAF...  
and He thought,,,  
everyone was encouraging him  
to reach the top...

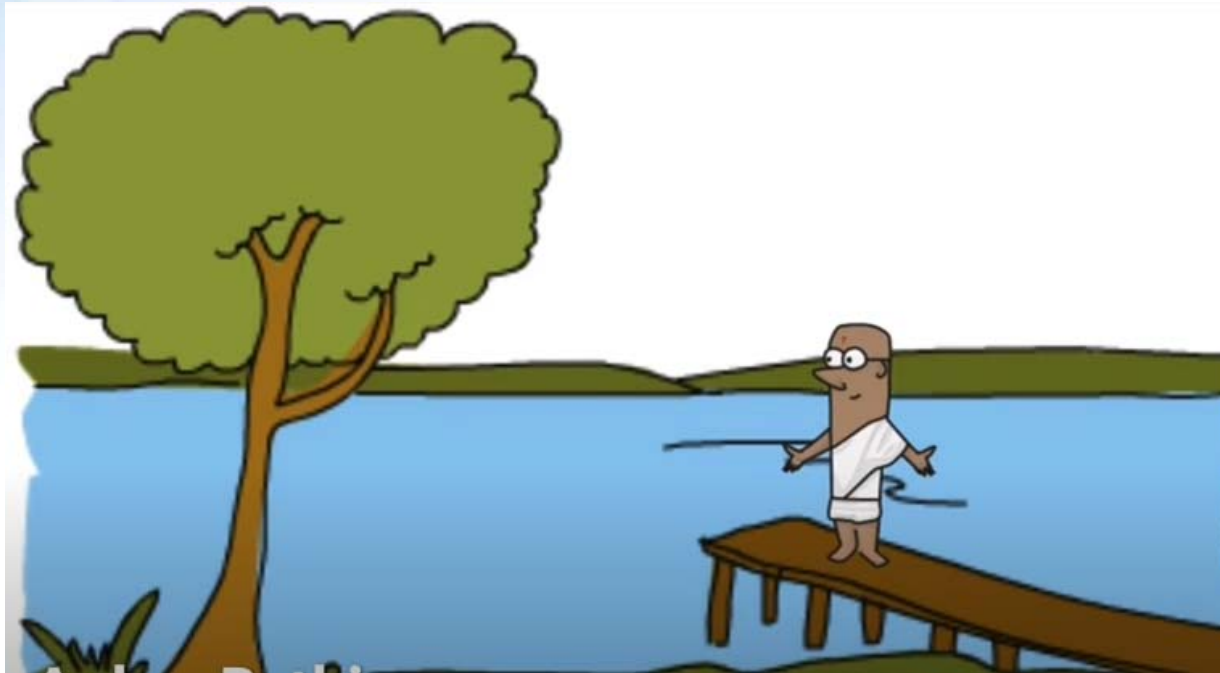


***“BE DEAF TO  
NEGATIVE  
THOUGHTS...  
IF YOUR AIM IS TO  
REACH YOUR  
GOAL”***

# Goal Setting: Video Watching Activity

*Watch this video on Goal Setting*

<https://www.youtube.com/watch?v=UwPNrDrykyA>

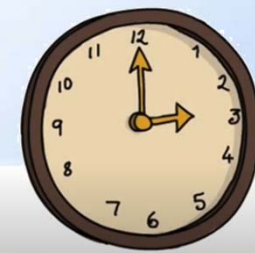


# Discussion Forum

***What did you observe in the video?***

- *What did*  *tell*  *?*

- *Which two things are important in life?*
- *Why should we not waste our 'time'?*
- *Why should we work with 'patience'?*



# What is Goal Setting?

A **Goal** is a desired result that a person plans and commits to achieve. **Goal Setting** is a two-step process:

**Step 1:** To decide what you want to accomplish, that is, decide your goals.

**Step 2:** The second step is to make a plan to achieve our goals.

**Step 3:** Break your goals into:

- (i) Long term goals
- (ii) Mid term goals
- (iii) Short term goals

*Remember: Set a goal that is achievable!*



# ACTIVITY: Goal Setting!

## Activity: Set Your Goal!!!

There is shown a **sample sheet**.

*Prepare a similar sheet.*

*Think and fill in the blanks.*

*Now, keep it with you and discuss with your parents.*

 I am GOOD at _____	 I am BAD at _____
_____	_____
_____	_____
_____	_____
_____	_____
WHAT I WILL IMPROVE? _____	
_____	
_____	
HOW WILL I MAKE THESE IMPROVEMENTS? _____	
_____	
_____	
IF MY PLAN DOESN'T WORK, WHAT WILL I DO? _____	
_____	
_____	

# The Process of Goal Setting

Here are the main steps involved in the goal setting process:

- **Set 'realistic' goals**
- **Make a plan to achieve them**
- **Start working as per plan**
- **Stick to the plan**
- **Achieve your goals**



# Importance of Goal Settings

**Here are some important points of goal settings:**

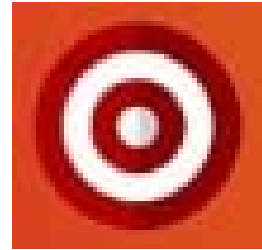
- *Take control of your life*
- *Get maximum results*
- *Motivates you*
- *Provide directions*
- *Give a sense of deadline to each part*
- *Finish you task efficiently*
- *Become self confident*

However, Your Goals Should Be ...



# TIPS for Goal Setting!

- Make sure your goals are **achievable**. ...
- Be **specific** with your goals. ...
- **Write** these goals down. ...
- **Reward** yourself when you accomplish a goal. ...
- **Tell** others about your goals. ...
- **Prioritise** one goal at a time. ...
- **Visualise** yourself achieving these goals

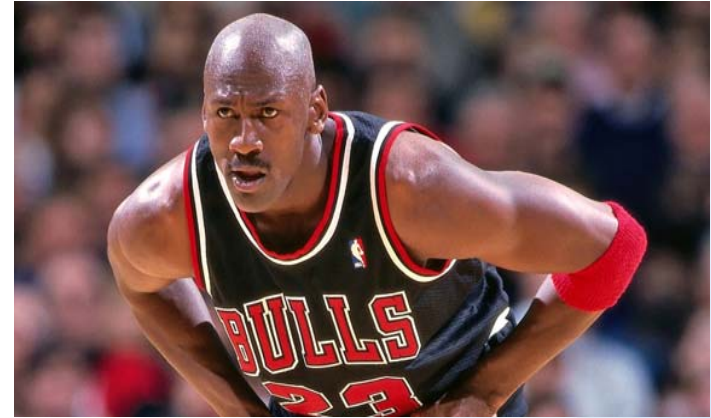


# Never say NO and stay focused

*Michael Jordan was a four-time gold medalist with USA basketball including winning two Olympic gold medals. His records are unreachable.*

*However, he faced many failures in life but his goals were clear and he never said NO.*

- *he missed more than 9,000 shots in his career*
  - *he has lost almost 300 games*
  - *he has failed 26 times when trusted to take the game winning shot*
- Michael was working harder than everyone else and grew another 10 inches and his career started to grow.*



**'I know fear is an obstacle for some people, but it is an illusion to me. Failure always made me try harder next time.' .....By him!**

# Thanks!

