Lesson Plan

Counselor Name: ______  School: TUSD Counseling Dept.
Title of Lesson: The Many Sides of Me  Quarter: Anytime

Audience: ☒ Classroom  ☐ Small Group
Level: ☐ Primary (K-2)  ☒ Intermediate (3-5)
Target Grade: 3rd

COUNSELING STANDARDS

ACADEMIC
1. Students will acquire attitudes, knowledge and skills that contribute to effective learning in school and across the life span. ☒
2. Students will complete school with academic preparation essential to choose from a wide range of substantial post-secondary options, including college. ☐
3. Students will understand the relationship of academics to the world of work and to life at home and in the community. ☐

CAREER
4. Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions. ☐
5. Students will employ strategies to achieve future career goals with success and satisfaction. ☐
6. Students will understand the relationships between personal qualities, education, training and the world of work. ☐

PERSONAL/SOCIAL
7. Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others. ☐
8. Students will make decisions, set goals, and take necessary action to achieve goals. ☐
9. Students will understand safety and survival skills. ☐

COUNSELING COMPETENCY(IES)
Learn basic goal-setting techniques

ARIZONA STANDARDS FOR:
Reading:
Writing:
Math:

MATERIALS/RESOURCES:
8½ X 11 paper

ACTIVITY:
Pass out blank paper and ask the students to fold the paper in half-twice. (This creates four areas on the paper.) Tell students they are going to set some goals for personal improvement. Establish the meaning of the word goal. It is important that students set attainable goals. In the upper left hand corner have students write one goal for improving a friendship. (This needs to be a current relationship.) Have students complete the following sentences: I will improve my friendship by___________. I will start working on my goal __________________.
I might need help from ____________________. I will know I have improved when ____________________.

In the upper right hand corner write one goal for improving one relationship in your family. Use the above questions, except change friendship to family. In the lower left hand corner write one goal for improving one of the following: reading, writing, math. Again, use the same questions with a slight variation on the first question. In the lower right hand corner have students write something they already enjoy doing well. Have students answer the following questions: how did I learn to do this thing well; how much time did it take; did I need help; did I have to work hard; Was it worth my effort?

**EVALUATION:**

**Pretest/Postest:** What is a goal?

**How did the student change as a result of this lesson?** Students will see that setting goals creates a path to success.

**Information/Comments/Follow-up:** Make sure all students were able to write goals. If some just couldn't complete the assignment, maybe there would be time for a one time small group meeting.

*REVISED 11/05/03*