**Steinmetz College Prep**

**New Student Support Group: Session Five**

**Individual Goals**

**ASCA National Standard(s):**

Academic Development: Standard A: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.

Personal/ Social Development: Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

**Competency(ies) Addressed:**

A:A1.3 Take pride in work and achievement

PS:B1.4 Develop effective coping skills for dealing with problems

PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions

**Goals:**

* Prioritize three goals with long range, medium range, and now
* Categorize how much to set aside for each goal
* Create an Action Plan for obtaining goals
* Goal Worksheet

**Materials:**

**Process:**

* Ice Breaker- Two Truths and a Lie- Each student and the School Counselor will tell two truths about themselves and one lie. The remaining group members need to decipher the truths versus the lie.
* School Counselor will lead discussion regarding goal setting
  + Why is it important to set goals?
  + Does setting goals help you? How?
  + How does it feel when you achieve a goal?
  + Is it hard to think of goals that you would like to achieve?
  + What strategies might you use to meet your goal?
  + What obstacles might you have to overcome in order to meet your goal?
  + What do you think you might need from your classmates or advisor to help you reach your goal?
* Have students complete Goal Worksheet and discuss as a group and discuss.
* Each group member will describe their biggest accomplishment and reflect upon how they achieved that accomplishment.
* With remaining time, students will play cross the line game.

**Closing Time:**

* Students will reflect back on one goal that they set for themselves and that they achieved? How did they feel after they achieved their goal?
* Remind students about the final group meeting. Muffins!