**COUNSELOR LESSON PLAN**

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| **Topic: Goal Setting**  **Duration: 45 minutes**  **Grade Level**:**8** | | | | |
| **ASCA COUNSELING STANDARDS** | | |
| **Academic:**  **Career: Standard B**  **SC K12.1.12** Employ strategies to achieve future career goals with success and satisfaction  **Personal Social: Standard B**  **SC K-12.1.5** Make decisions, set goals, and take necessary action to achieve goals | | |
| **OBJECTIVES/ESSENTIAL QUESTION** | **TERMINOLOGY** | |
| **Objective: Students will understand that goal-setting is important for achieving success.**  **Essential Question: What does success mean and look like?** | Success  Long-term goals  Short-term goals | |
| **INTRODUCTION TO LESSON** | | |
| Ask students what they envision for themselves at age 25. Talk about what you envisioned for yourself to have accomplished by the age of 25. Discuss short-term goals and long-term goals you had for yourself. Discuss what success means to you. Explain that success means and looks different to others. Ask students to think about what success means to them.  **Materials needed:** drawing paper, pencil | | |
| **CONTENT KNOWLEDGE | INSTRUCTIONAL DESIGN** | | |
| **TEACHER ACTIONS** | **STUDENT ACTIONS** | |
| The teacher will:   1. Write the dictionary definition of success on the board. 2. As a model for the timeline activity, create your own timeline- either from birth to the age 25 that shows the milestones achieved or planned. 3. Ask the students to imagine they are 25 years old. 4. Have the students create their own timeline and to include milestones they have achieved. For example: Where do you live, what is your home like (do you own more than one home), what kind of work do you do, what do you do for fun, what level of education did you accomplish, did you get married, do you have kids. 5. Have the students include their age for each milestone. 6. Ask for volunteers to share their timeline. | The Student will:   1. Create and write their own definition of success. 2. Imagine they are 25 years old. What are some of the major things you have accomplished since you were born? For example: Where do you live, what is your home like (do you own more than one home), what kind of work do you do, what do you do for fun, what level of education did you accomplish, did you get married, do you have kids. 3. Create their own timeline including all their milestones they wish to accomplish by the age of 25. 4. Volunteer to share their timelines. | |
| **CLOSURE|CHECK FOR UNDERSTANDING** | | |
| Quick write: The students will write down their definition of long and short term goals and a reflection of today’s lesson. | | |
| **AVID WICOR STRATEGIES UTILIZED** | | |
| Writing: Students are using quick writes and reflection in this lesson. | | |
| **RESOURCES** | | |
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| **DIFFERENTIATED INSTRUCTION** | |
| The teacher is modeling how to create a timeline.  Lesson is written out with step by step instructions on the board.  Peer teaching | |
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