

NEW MEXICO 4-H

Aggie Next Step

Goal Setting



Post Secondary Pathways



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Goal Setting

INTRODUCTION

We all have goals, but sometimes they're so broad that we don't know where to start. In this lesson, participants will explore how to take those big ideas and turn them into clear steps using the **SMART** framework. By the end of this lesson, they'll not only set personal, educational, and career goals but also create an action plan that makes them achievable.

SET UP

Review lesson materials and determine which worksheets and handouts you will use for the lesson. Print enough pre/post assessments, worksheets, and handouts for each participant.

ACTIVITY

1. Have participants complete the *Pre-assessment*.
2. Start the discussion:

Q: If you could accomplish anything in the next year, what would it be?

Explain that SMART goals turn big ideas into realistic steps.

3. Ask students to answer quick "big picture" prompts such as:

If you had three wishes, what would they be?

If you suddenly had \$1 million, what would you do?

If you only had 6 months to live, what would you focus on?

Explain that the goal is to reveal what matters most to them. Afterward, have a brief discussion about how these answers connect to personal values and motivation, which will help them set meaningful goals.

4. Distribute the *Keys to Goal Setting* handout. Read through the five keys together. Discuss strategies like reminders, small steps, and sharing goals. Instruct participants to write one SMART goal at the bottom of the page.
5. Explain that they will be putting the keys into practice. Distribute *My Personal and Educational Goals* worksheet. Read the instructions and answer any questions. Allow time for participants to complete.

Supplies

- Worksheets
- Handouts
- Pens/Pencils

OUTCOMES

Students will be able to:

- **Explain** why setting personal, educational, and career goals matters.
- **Describe** the SMART framework.
- **Transform** vague goals into clear, actionable SMART goals.
- **Create** step-by-step action plans for their goals.
- **Identify** challenges and supports that impact goal success.



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6. Repeat with *My Career Goals* worksheet.
7. Now that they have written their personal, educational, and career goals, participants are going to take the next step and make them stronger. They are going to turn their broad and vague goals into SMART goals.
9. Distribute the *SMART-ify Your Goals* worksheet and explain that they will be transforming one goal from each of their personal, educational, and career goals into SMART goals.
10. Once students have finished at least one goal, you can have them either pair and share or share as a group using the share and reflect prompts.
11. *Exit Ticket* – depending on time, this can be done as a class discussion, or students can complete the worksheet in class, as homework, or in the following class.
- 12. Have participants complete *Post-assessment*.**

WRAP UP

When you create SMART goals, you're giving yourself a roadmap for success. Whether your goal is personal, educational, or career-related, remember that the effort you put in now will shape your future opportunities. A year from now, you'll be glad you started today.



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RESOURCES

NM Standards:

NM PED Standards: Career and Technical Education (CTE):

CTE 2.1.6 Develop and deliver formal and informal presentations using appropriate media to engage and inform audiences

CTE 3.1.1 Employ critical thinking skills independently and in teams to solve problems and make decisions

CTE 9.1.1 Identify and demonstrate the use of positive work behaviors and personal qualities needed to be employable

CTE 9.2.3 Identify and exhibit traits for retaining employment to maintain employment once secured

CTE 9.2.6 Continue professional development to keep current on relevant trends and information within the industry

CTE 10.1.2 Employ planning and time management skills and tools to enhance results and complete work tasks

Common Career Technical Core (CCTC) Standards: Career Ready Practices (CRP):

CRP-10. Plan education and career path aligned to personal goals

Optional ELA Alignment (Grades 6-12)

SL1: Participate in a range of conversations

Video Resources:

Achieve More by Setting SMART Goals (1:15)

<https://www.youtube.com/watch?v=yA53yhiOe04>

How To Write Smart Goals Effectively (4:38)

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

Smart Goals – Example (2:35)

<https://www.youtube.com/watch?v=z571yxAJwFM>

How to Set SMART Goals | Goal Setting for Students (4:08)

<https://www.youtube.com/watch?v=i0QfCZjASX8>