

# Goal Setting (Tutor Guide)

- **Target Audience:** Level 1+2
- **Objectives:** Students will learn what a goal is and the vocabulary needed to complete the Student Goals Worksheet.
- **Class time:** 1.5 hours
- **Resources/Materials:**
  - Copies of Student Handout (found at end of this guide)
  - Whiteboard and markers
  - Copies of Student Goals Worksheet (and translated versions, if available, from Rose or Monica).

## Activity 1 – What is a goal?

Tutor	Students	Time
1. Ask a volunteer to read the definition of “goal” on page 1 of the Student Handout. 2. Provide 2-3 examples of goals on the whiteboard such as: <ul style="list-style-type: none"> <li>• I will go to the gym three times a week</li> <li>• I will learn five new vocabulary words.</li> <li>• I will attend class every week.</li> </ul> 3. Ask students for other examples that they can think of. 4. Ask why goals are important. Discuss the meaning of the quote on page 1.	1. A volunteer reads the definition of “goal.” 2. Students review the examples of goals on the whiteboard and provide other examples. 3. Students discuss why goals are important.	<b>15</b>

## Activity 2 –Vocabulary

Tutor	Students	Time
1. Using the graphics on page 1, review the goal categories that they will be working with on the Student Goals Worksheet: Education, Employment, Family & Health and Community. 2. Encourage students to use their devices to help them.	1. Students review the vocabulary using the graphics on page 1 (and their devices to translate, as needed).	<b>15</b>

## Activity 3 – Matching Exercise: Part 1 and Part 2

Tutor	Students	Time
1. Ask students to turn to page 2 to the first matching exercise. This exercise focuses on vocabulary that corresponds with the first sections of the Student Goals Worksheet. Note: The matching exercise on page 3 focuses on the rest of the vocabulary that they will need. 2. Read the directions, or ask a volunteer to read the directions: <i>Match each word with the correct picture.</i> 3. Ask students to work in pairs to complete Part 1 on page 2. Review the correct responses as a class. 4. Repeat the process with Part 2 on page 3.	1. Working in pairs, students complete the matching activities on pages 2 and 3. 2. Students review responses to each matching exercise.  <b>Part 1 Key:</b> 1)g 2)f 3)e 4)h 5)d 6)c 7)b 8)a  <b>Part 2 Key:</b> 1)d 2)f 3)e 4)c 5)b 6)a	<b>20-30</b>

**Activity 4 – Completing the Student Goals Worksheet**

<b>Tutor</b>	<b>Students</b>	<b>Time</b>
<ol style="list-style-type: none"><li>1. Provide students with copies of the Student Goals Worksheet (and translated versions, if available).</li><li>2. Remind students that they completed a goals sheet when they first came to LVGH. Now they will select <b>four</b> goals and update their Student Goals Worksheet.</li><li>3. Review the categories of goals linking them to the previous vocabulary discussion.</li><li>4. Review the specific goals listed under each category linking the words to the matching exercise. Ask the class to complete the worksheet. Note that they can include one or more “personalized goals” if they have other goals not listed on the worksheet that they want to work on.</li></ol>	<ul style="list-style-type: none"><li>• The class reviews the Student Goals Worksheet.</li><li>• Students identify four goals that they plan to work on.</li></ul>	<b>30</b>

# Goal Setting (Student Handout)

## 1. What is a Goal?

**Goal = Something that you want to do or achieve.**



## 2. Vocabulary:



- **Education = School**



- **Employment = Work /Jobs**



- **Family = Parents, Children, Grandparents, etc.**



- **Health = Body and mind**



- **Community = Neighborhood**

**3. Matching Exercise - Part 1:** Match each word with the correct picture.

**EDUCATION:**

1) Diploma



a.

2) College



b.

3) Computer



c.

**EMPLOYMENT:**

4) Resume



d.

5) Job Application



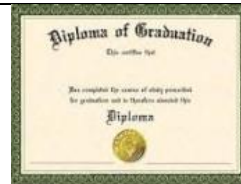
e.

6) Interview



f.

7) Job



g.

8) Internship/Training



h.

**3. Matching Exercise - PART 2:** Match each word with the correct picture.

**FAMILY & HEALTH:**

1) Involvement in Child's Schooling

a.



2) Communication with Doctors and Nurses

b.



**COMMUNITY:**

3) Citizenship

c.



4) Vote

d.



5) Volunteer

e.



6) Driver's License

f.

