

The Student Success Curriculum

Topic 2: Goal Setting

Goal setting helps students organize their time, resist distractions and take pride in achievements. By helping students learn how to write and set goals, schools promote student motivation and self-confidence. This class also helps students understand how to use the *Massage Year Planner* effectively. The *Massage Year Planner* provides students with a tool to arrange their schedule, plan assignments, arrange study sessions, and organize life. During the activity section of this class students fill in their top ten goals for the year, their academic and personal goals for the month, and write study goals for one week. They also create a slogan for their year at massage school. These activities teach important planning skills and further support the visioning processes begun in Topic 1: Transitioning.

Teaching Strategies

Lecture

Goal Writing
(planning,
organizing,
prioritizing)

Group
Discussion

Self-Evaluation

Visioning

Time Frames

The implementation time for this material is approximately ninety minutes. The material can be modified to a shorter time frame, provided the goal setting exercise and slogan activity are given as homework. The material taught in Topic 2: Goal Setting pairs nicely with the material taught in Topic 3: Positive Affirmations. It works well to teach these two topics in the same session.

Instructor Preparation

- ✓ Read Topic 2: Goal Setting in the *Student Success Guide*
- ✓ Review the online blank documents that students might use as planning tools, housed online on ABMP's Student Resource Website at www.abmp.com.
- ✓ Review the PowerPoint slides side by side with the lecture outline for Topic 2.
- ✓ Review the layout of the *Massage Year Planner* and identify the Top Ten Goals page, and Monthly Goal Form so that students can be directed to these pages.

Resources

Locate and read any of the following resources to support an understanding of the topic.

- ✓ *Goal Setting 101: How to Set and Achieve a Goal!* By Gary Ryan Blair. Blair Publishing House.
- ✓ *Goal Setting for Students* by John Bishop. Accent on Success.
- ✓ *What are Your Goals: Powerful Questions to Discover What You Want Out of Life* by Gary Ryan Blair. Blair Publishing House.

Supplies & Equipment

- ✓ *Student Success Guide* (one per student)
- ✓ *Massage Year Planner* (one per student)
- ✓ Students need the class syllabus for planning
- ✓ Slogans for Success handout
- ✓ Poster board and markers (optional)
- ✓ Whiteboard and markers or chalkboard and chalk
- ✓ LCD/DLP projector, laptop, and PowerPoint presentation, or printed overheads and an overhead projector

Learning Objectives

After reading topic two and completing the associated forms in the *Massage Year Planner*, each student will:

- ✓ Recognize the benefits and value of goal setting.
- ✓ Write positive goals that are independently chosen, measurable, intentional, positive, realistic, specific, and time-bound.
- ✓ Evaluate goals for their importance and meaningfulness.
- ✓ Differentiate between academic, personal self-improvement, physical health, spiritual health, family oriented, social, and financial goals.
- ✓ Understand the relationship between long-term, intermediate, and short-term goals.
- ✓ Identify ten important goals for the year.
- ✓ Write meaningful academic goals for the month.

Tip!

As you introduce this lecture, play the beginnings of an inspiring song like the theme from *Star Wars*. It catches the student's attention and gives them a good laugh. It also sends a message that the student is at the beginning of an epic journey towards a new career in massage and that goal setting is an important part of that journey.

Lecture Outline

This lecture outline is meant to be used in combination with the *Student Success Guide*, the *Massage Year Planner*, and the PowerPoint slides for Topic 2: Goal Setting. The information in this lecture/activity follows the information presented in the *Student Success Guide* with page numbers of the associated materials provided to the right of the heading in parentheses. Instructors are encouraged to add or delete slides and information as they deem appropriate to meet the particular needs of their student groups. The PowerPoint slides can be shown with an LCD projector or printed onto transparencies for overheads.

Slide 1: Title Slide

Introduce the topic (Goal Setting) and direct students to page 22 in their *Student Success Guide*. Students will also need to have their *Massage Year Planner* close at hand. Ask students to share some of their general academic goals for the massage training program.

Slide 2: Goals of this Lecture/Activity

This lecture/activity aims to teach students the value of goal setting, to recognize different types of goals, to write meaningful goals, and to plan the goals for their year and their first month of massage school.

Slide 3: Benefits of Goal Setting (p. 22)

Discuss the benefits of goal setting and explain how you use goal setting in your own life. Discuss the relationship of goal setting to visioning taught in Topic 1. For example, the actor Jim Carrey is a great example of visioning/goal setting. In the early days of his movie career he struggled. One day he wrote himself a check for \$20 million. This check represented what he wanted to be paid for each of his movies. He was determined not to give up until he achieved his goal and was able to cash his \$20 million check. Carrey became the first actor to receive \$20 million per picture (with *The Cable Guy* in 1996).

Slide 4: Characteristics of Positive Goals (p. 22)

Discuss the characteristics of positive goals and compare and contrast positive goal examples with negative goal examples.

Slide 5: Goal Evaluation (p. 23)

The sidebar on page 23 provides some questions to evaluate a goal. If a goal is not very important to a student, he or she is likely to have difficulty achieving the goal.

Slide 6: Types of Goals Overview (p. 24)

Use this slide as a brief overview to see a number of different goal types side by side. Upcoming slides look at these types of goals in greater detail.

Slide 7: Academic Goals (p. 24)

Review these examples of academic goals and discuss the way in which academic goals might be set to help students stay on track with the massage training program.

Slide 8: Personal Self-Improvement Goals (p. 24)

Personal self-improvement goals help a person implement positive behaviors. These behaviors might support and facilitate the achievement of academic goals. Review the examples of personal self-improvement goals on the slide.

Slide 9: Physical Health Goals (p. 24)

Goals for physical health help people replace unhealthy habits with healthy ones. Review the examples of physical health goals and discuss how these goals (like self-improvement goals) might support academic achievement.

Slide 10: Spiritual Health Goals (p. 25)

Review the spiritual health goals on the slide and talk about the benefits of setting this type of goal. Ask students to speculate about the way that spiritual health goals might uphold and support academic goals.

Slide 11: Family and Social Goals (p. 25)

Family and social goals remind students to take time out from school activities to nurture special relationships. Review the examples on the slide.

Slide 12: Financial Goals (p. 25)

It's important to organize and pay attention to financial matters while going to school. Review these goals and talk briefly about some strategies for staying on financial track while going to school.

Slide 13: Length of Goals (p. 27)

Discuss the differences between long-term, intermediate, and short-term goals using the examples shown on the slide.

Slide 14: Obstacles and Actions (p. 28)

Define the words "obstacles" and "actions" as they apply to goal setting. Give examples of obstacles that might come up during a goal setting session. Reinforce the importance of planning solutions ahead of time.

Slide 15: Goal Worksheet (p. 28)

Review the goal setting worksheet on page 28 of the *Student Success Guide*. Walk through the sample worksheet to review the use of long term and intermediate goals. Talk over the obstacles and action section. These obstacles are common ones for anatomy and physiology students. Still, the sample student planned actions that would help him stay on track.

Slide 16: Short Term Goals (p. 29)

Review the short-term goals for a study week. Point out that these goals are very specific and very task oriented. These tasks are so clearly defined that the student can be in no doubt about whether or not they completed the goal at the end of each weeknight. Point out to students that all the forms used in the *Student Success Guide* are available as blank forms on ABMP's Student Resource Website at www.abmp.com .

Tip!

Set time aside each month to use the month wrap up section of the *Massage Year Planner* to evaluate goals and progress in school. Use this evaluation process to identify high-risk students and develop plans to get them back on track.

Slide 17: Activity Directions

Use this slide as a prompt for students while they complete this activity. To complete this activity students will do their initial goal planning for the massage year. Students will need their *Massage Year Planner* and the syllabi from all their classes. Ask students to:

1. Write in their top ten goals for the year (starting with the month they start school)
2. Write in their goals (academic and personal) for the month
3. Students do not need to write in their affirmations yet. This will be the topic of the next Student Success session.

Slide 18: Process Goal Setting

To conclude the lecture and activity, break students into groups of three and ask them to share their goals. Bring the group back together and ask them to describe how they feel about goal setting. Explore student attitudes to goal setting and seek to overcome any goal setting resistance.

Set time aside each month to set monthly goals and to fill out the assignment calendar and weekly study session planner in the *Massage Year Planner*. This reinforces good goal setting skills and helps student maintain organization and motivation throughout the school year.

Activity: Slogans for Success!

Introduction: The slogans on the handout represent some of the famous and influential sayings that advertisers have used to sell their products. Slogans can also be used to help students stay motivated and goal oriented. The goal of this activity is to have each student come up with a slogan for his or her year in massage school.

Directions:

1. Ask each student to come up with a slogan for his or her year at massage school. The student can choose to use one of the slogans on the list, modify one of the slogans on the list, or can make up one that is unique. In one example, a student had a saying he always said when a situation was challenging but important. He would say, "Whatever it takes." This became his personal slogan and helped him stay on task with massage school. Give the students twenty minutes to develop their slogans. Ask them to also think about why they selected the slogan, what the slogan says about them as a person, and what the slogan means on a deeper level.
2. Place chairs in a circle and have the students share their slogans and explain what each says about them as individuals and what it means to them.

Tip!

Write the slogans on poster boards and post them in the classroom.

Famous or Influential Slogans

- A Better Way Forward (Michelin)
- A Diamond is Forever (De Beers)
- A Passion to Perform (Deutsche Bank)
- All the Way (DHL Express)
- Are You in Good Hands? (Allstate Insurance)
- Be All You Can Be (US Army)
- Because I'm Worth It (L'Oreal)
- Because Life is Not a Spectator Sport (Reebok)
- Before You Make Up Your Mind, Open It (Irish Independent)
- Bold Moves (Ford)
- Boundless (AT&T 2000)
- Can You Hear Me Now? (Verizon Wireless)
- Create a Storm (Monsoon)
- Cross into the Blue (US Air Force)
- Design for All (Target)
- Do You Have the Bunny Inside? (Energizer)
- Don't Leave Home Without It (American Express)
- Done (Nextel)
- Every Day Matters (JC Penney)
- Expect Great Things (Lucent Technologies)
- Expect More. Pay Less. (Target)
- The First to Know (CNN)
- For Life (Volvo)
- Forever New Frontiers (Boeing)
- Forever Sports (Adidas)
- Get a Piece of the Rock (Prudential Insurance)
- Get In. Be Moved. (Mazda)
- Get More (T-Mobile)
- Go. There's Nothing Stopping You (AirTran Airways)

- Good Goes Around (Delta)
- Guarantees for the If in Life (MetLife)
- Half the Fun is Getting There (Olympic Airways)
- Ideas for Life (Panasonic)
- If You Don't Get It, You Don't Get It (Washington Post 1990)
- Imagination at Work (General Electric)
- Imagine a Touchable World (Purell Hand Sanitizer)
- Ingredients for Life (Safeway)
- Is this a Great Time or What? (MCI Communications)
- It Keeps Going and Going and Going (Energizer 1990s)
- It's Everywhere You Want to Be (Visa)
- It's the Way the World Works (FedEx)
- It's Time for U (UPN)
- iThink therefore iMac (Apple late 1990s)
- Jump In (Xbox 360)
- Just Do It (Nike)
- Just! (Cavalli)
- Keeping You Ahead of the Storm (The Weather Channel)
- Leap Ahead (Intel)
- Let Your Fingers Do the Walking (Yellow Pages 1964)
- Let's Make Things Better (Philips)
- Life is Short. Play Hard. (Reebok)
- Life Takes _____. Life Takes Visa (Visa; the _____ changes)
- Life Unscripted (TLC Network)
- Life's Waiting. Let's Go. (Stride Rite)
- Live from Anywhere (CNN International)
- Live in Your World, Play in Ours (PlayStation 2)
- Live Richly (Citibank)
- Make the Dream Come True (Disney World)
- Make the Most of Now (Vodafone)
- No Limits (Showtime)

- On the highway of life there are drivers and there are passengers. Drivers wanted (Volkswagen).
- Power Up (Sprint)
- Raising the Bar (Cingular Wireless)
- The Real Thing (Coca Cola)
- R-O-L-A-I-D-S Spells Relief (Roloids)
- Solutions for a Small Planet (IBM)
- There are Some Things Money Can't Buy. For Everything Else there's MasterCard (MasterCard)
- Travel Should Take You Places (Hilton)
- Welcome to the Human Network (Cisco Systems)
- Where the Past Comes Alive (History Channel)
- The World on Time (FedEx)
- Yes You Can (Sprint)
- You've Got Questions, We've Got Answers (RadioShack)

Goal Setting Milestones Checklist

Name: _____

Date: _____

0 = The student does not have this skill

1 = The student sometimes demonstrates this skill

2 = The student almost always demonstrates this skill

0	1	2	
			Values goal setting activities and makes time for goal setting in personal life.
			Evaluates long-term goals regularly and adjusts goals based on new understanding and/or life developments.
			Enjoys keeping track of goals and checks personal progress against projected goal deadlines.
			Written goals are positive, meaningful, and motivating.
			Uses short-term goal setting on a weekly or daily basis.
			Demonstrates interest in sharing goal setting techniques with others or teaching goal setting techniques.