

New Year Reflections and SMART Goal Setting MINI-UNIT

Reflection and Goal Setting Mini-Unit

Begin the year by teaching your students how to create a growth mindset for their new year! Perfect for starting a new calendar or school year. Guide your students through reflecting on the previous year, explain what SMART goals include, and teach them how to develop, measure, and achieve their own individualized SMART goals. Bonus motivation quotations included!

Reflection and Goal Setting are essential skills for students to develop as they grow. Research has shown the benefits they provide include:

- Promoting emotions.
- Developing.
- Fostering.
- Encouraging.
- Prose!

Counting Down Last Year!

5 Favorites:

1. Movie:
2. Song:
3. Game:
4. Food:
5. Book:

Memorable News Stories:

2 *

Great Memories:


- 1.
- 2.
- 3.
- 4.

Thing I am Grateful for:

New Things I Learned:

- 1.

Brainstorming Goals

Academic 

Social 

Emotional 

Physical 

My SMART Goal Example

What exactly do you want to accomplish?
Circle type: Academic, Social, Physical, or Emotional
I will learn my x7x facts in the next 3 weeks by getting a 90% or higher on a one minute timed test of 25 problems.

How will you know when you meet your goal?
I will achieve a 90% or higher on a one minute timed test of 25 problems.

What steps will you need to do to reach your goal?
1. **I will practice my x7x flashcards for 5 minutes every day.**
2. **I will practice my x7x facts with an online game 3 times a week.**
3. **I will take a x7 timed test twice a week for practice.**

Is the goal realistic?
Circle: Too easy, too hard or **Just right**

When will you do this?
Circle type: Short term or long term
Start: **Jan. 1, 2024** Deadline: **Jan. 21, 2024**

I Completed My SMART Goal on

Goals I Have Achieved!

✓

✓

✓

✓

✓

✓

"The best way to predict the future is to create it."
- Abraham Lincoln

"Anyone who has never made a mistake has never tried anything new."
- Albert Einstein

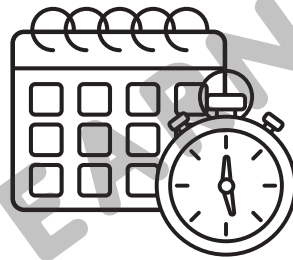
"THE SECRET OF GETTING AHEAD IS GETTING STARTED."
- MARK TWAIN

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."
- Barack Obama

Reflection and Goal Setting

Mini-Unit

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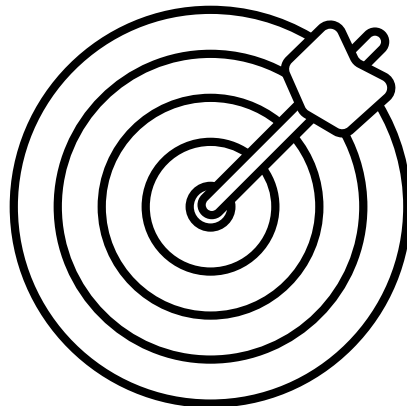


Reflection and Goal Setting are essential skills for students to develop as they grow. Research has shown the benefits they provide include:

- Promoting brain development by recalling situations, emotions, and facts
- Developing analyzation skills
- Fostering a growth mindset
- Encouraging active participation in academic, social, and emotional growth
- Promoting effort, practice, hard work, persistence, and self-confidence

Included in this Unit:

- Teacher Notes
- Comprehensive Five Day Lesson Plan
- Student Cover Page for journals
- Year In Review Brainstorming-2 versions
- Counting Down Last Year!
- Brainstorming Goal Sheet-2 versions
- What is a SMART Goal? Poster
- What is a SMART Goal? Student Notecards
- SMART Goal Examples
- My SMART Goal
- Encouragement Quotations
- Encouragement Quotations Posters
- Encouragement Quotations Notecards
- My Favorite Motivational Quotations- 2 versions
- Goals I Have Achieved! - 2 versions
- Goals Award Certificate

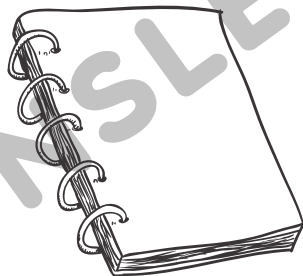


Teacher Notes

Preparation: Print off the included student pages, one copy for each student. For some of the sheets, you have a choice of a younger or older version. Also, for the "Individual Goal Setting Sheet," you will want to print a sheet for each goal you wish the student to draft (for example, three goals will need three copies).

Choose how you would like to complete the unit:

- as individual pages each day
- print pages and attach/glue into a student journal or notebook
- print pages and bind together to create their own personal workbook



The following plan is a five-day outline to teach the importance of reflection and goal setting using the resources in this unit. These might be new concepts for students; therefore, discussion, brainstorming, and modeling are the most effective way to present the material. Assist your students as needed to create personal and realistic goals.



Lesson Plans

Day 1: Reviewing the Previous Year

Materials: Year in Review Brainstorming Sheet

Lesson:

- Introduce the unit
- Discuss what "Reflection" means
- Using photos, videos, school work, calendars, year in review news articles, journals, etc. take time to talk about the events and skills learned or tried during the past year
- Write down any events of significance to the student on the Year In Review Brainstorm Sheet

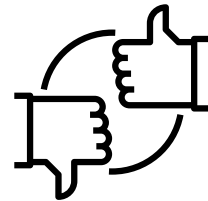


Day 2: Reflecting on the Previous Year

Materials: Completed Year In Review Brainstorm Sheet
Counting Down Last Year!

Lesson:

- Review what "Reflection" means
- Discuss the items on the Brainstorming Sheet from the previous lesson
- Encourage the students to consider what they have written and decide what they felt were highlights or important memories
- Use the ideas from Brainstorming Sheet from the previous lesson to fill out the Counting Down Last Year!





Counting Down Last Year!

Favorites:

- 1. Movie:
- 2. Song:
- 3. Game:
- 4. Food:
- 5. Book:

Memorable News Stories:

- *
- *



Great Memories:



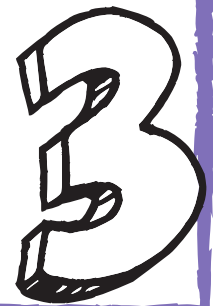
- 1.
- 2.
- 3.
- 4.

Thing I am Grateful for:



New Things I Learned:

- 1.
- 2.
- 3.



What is a SMART Goal?



S

Specific

What exactly do you want to accomplish?
Goals should be clear and detailed. Make sure your goal is not too general.

M

Measurable

How will you know when you meet your goal?
You should be able to track your progress towards your goal and know when you accomplish it.

A

Action Plan

What steps will you need to do to reach your goal?
List the steps you will need to accomplish your goal.

R

Realistic

Is the goal realistic?
Make sure your goal is not too easy or too hard.

T

Time Frame

When will you do this?
Set a deadline for your goal. Think about short term (a few weeks or a month) vs. long term goals (a few months or a year).

My SMART Goal Example



S

Specific

What exactly do you want to accomplish?

Circle type: Academic, Social, Physical, or Emotional

I will learn my x7's facts in the next 3 weeks by getting a 90% or higher on a one minute timed test of 25 problems.

M

Measurable

How will you know when you meet your goal?

I will achieve a 90% or higher on a one minute timed test of 25 problems.

A

Action Plan

What steps will you need to do to reach your goal?

- 1. I will practice my x7 flashcards for 5 minutes every day.**
- 2. I will practice my x7's facts with an online game 3 times a week.**
- 3. I will take a x7 timed test twice a week for practice.**

R

Realistic

Is the goal realistic?

Circle: Too easy, too hard or just right

T

Time Frame

When will you do this?

Circle type: short term or long term

Start: Jan. 1, 2024 Deadline: Jan. 21, 2024

I Completed My SMART Goal on _____!