



**Goal Setting
for Success**



**SESSION
GUIDE**

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Session Plan Notes

The accompanying session plans have been designed to compliment the goal setting workbook, and provide a framework for delivering the content to groups of students.

Delivery Options

There are four ways in which the sessions can be delivered:

Option 1 Short tutorials	Option 2 Standard lessons	Option 3 Half-day workshop	Option 4 Full-day workshop
9 x 20 minutes	3 x 1 hour	1 x 3 hours	1 x 5 hours

Session A	Hour 1: Sessions A, B, C	3-hour block: Sessions A-I	3-hour block: Sessions A-I
Session B			
Session C			
Session D	Hour 2: Sessions D, E, F		
Session E			
Session F			
Session G	Hour 3: Sessions G, H, I		
Session H			
Session I			
			Additional Activities 2-hour block: (see suggested plan at end of this guide)

Resources Included

For each session, A-I, you will need the following resources:

- 1) Accompanying section of the workbook (on the CD in PDF format – 1 per student).
- 2) Accompanying PowerPoint slides (supplied on CD).
- 3) Session Plan (supplied in this booklet and on CD)
- 4) Additional activities from the activity pack where relevant (on CD).

The relevant slides, page numbers and activities are detailed on the session plans.

Session A - Introduction to Goal Setting

Duration: 20 minutes

Workbook pages: 1-16

Activity: Life List (from Add. Activities)

Slides: 1-6

Objectives of Session:

Introduce purpose of goal-setting sessions.
Start to think about personal goals.

Teacher Input:

Explain purpose of session(s) – slide 2.
Introduce schedule of activities – slide 3.
Inspire through examples (John Goddard / university study – slides 4/5)

Learner Input:

Learners make a list of up to 10 dream goals they would like to achieve in their lifetimes (visual prompt slide 6).

Printable Resources:

My Life List Blank Worksheet.

Slide Resources (numbers 1 to 6):

Welcome Slide
Course Objectives
Course Schedule
John Goddard Information
University study information
Dream goal examples

Learning Point:

Students understand how goal-setting can help to achieve successful results in their lives.