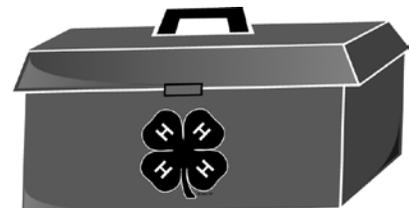


3

“Reaching Your Goals” Lesson Plan





Learning Objectives

1. Encourage members to set their own goals as the first step of their project experience.
2. Learn the parts of a good project goal.

Intended Audience

This lesson plan was designed to be presented to 4-H members at a club meeting.



Supplies & Resources Needed

- “Reaching Your Goals” Lesson plan with instructional objectives
- Copies of lesson plan quiz for each participant
- Pencils or pens for 4-H members to take notes and complete the quiz
- Copies of “Reaching Your Goals” fact sheet and “4-H Goal Setting” Worksheet



References

- “Designing 4-H Project Experiences: Setting Project Goals,” ACTcc017, Wisconsin 4-H Community Club Central, <http://4h.uwex.edu/pubs/pubdetails.cfm?publicationid=20080>
- “4-H Goal Writing Worksheet,” Iowa State University Cooperative Extension, <http://www.extension.iastate.edu/NR/rdonlyres/5C47273A-F2B6-443B-9DE1-76CC1EB16C84/5699/4HGoalWritingWorksheet1.pdf>.

Projected Length

10-15 minutes

Instructor Notes

- Review the purpose and objectives for this lesson plan.
- Provide a brief introduction of the lesson, including its importance to the 4-H Youth Development Program.
- Proceed with the lecture portion of the lesson.
- Distribute “Reaching Your Goals” fact sheet and “4-H Goal Setting Worksheet” to each participant.
- Conclude the lesson with a time for questions from the participants.



Methods/Content

Objective 1

Encourage members to set their own goals as the first step of their project experience.

Introduction

Distribute “4-H Goal Setting Worksheet” to members along with writing utensils.



Having a goal is like having a road map. If you do not know where you're going, you'll probably end up somewhere else. Would you take a trip without first deciding where you want to go? Of course not! That would be pretty hard to do! Setting goals for your 4-H projects and experiences is very much the same as deciding where you want to go on a trip. While there are lots of fun and educational activities planned by your 4-H club/group, you are the one who's in the driver's seat with your 4-H experience.

I want you to close your eyes and think about this question: “If you could do anything in 4-H, what would it be?” What project or activity would you really like to participate in? Maybe it is something brand new to you. Now open your eyes and write your idea down on the worksheet under “New Idea.” Next, we need to think about what it will take to accomplish this new goal. Brainstorm some ideas and write them on the next line, “What do I need to do to accomplish this goal?” Think about what new skills you might need to learn. Then think about when you will accomplish your goal. Write that on the next line, “When do I plan on doing it?”

Group Discussion



I want you to now turn to your neighbor and share what your goal is, how you plan to accomplish this goal, and when you will do this project or activity. When we talk to others about our goals, it helps us to get a better idea of what we are going to do, so don't worry about changing any part of your plan if you need to.

Come back together as a group.

Objective 2

Learn the parts of a good project goal.



How to Make a Good Goal



A good project goal can be measured or checked and has three parts.

Three parts of a goal:

1. Action - how you will do something.
2. Results - what you are going to do.
3. Timetable - when you are going to do it.

Rewrite your goal in the chart, which breaks the goal into these three parts: Action, Results, and Timetable. There are two lengths of goals: short- and long-term. Short-term goals are ones that can be achieved in a short amount of time. Some goals take a while to reach. Those are called long-term goals.

Test Your Goal



If you're not certain that you can carry out a goal easily, you can give it a "control test." Do you have control over what you want to do? Does the action part of your goal tell what you will do? You have control over a goal such as, "I will learn to identify 10 kinds of trees on my property this fall." However, if the action mentioned in the goal is what someone else will do, it does not pass the control test. The goal statement, "I will win the high point trophy at the state 4-H Horse Show," does not pass the control test, because the judge provides the action that decides who will win the high point trophy. Do your goals pass the control test?

Write the final draft of your goal at the bottom of the page.

Conclusion and Quiz



You have been through the process of setting a measurable goal. Don't forget to share your goals with your family and friends. Post your goal somewhere in your room so you can remember what you are working towards. Once you've made progress toward or reached your goal, you should celebrate and be proud of what you've accomplished. Every now and then think about how you feel about your progress. Sometimes goals are hard to stick to. It takes a long time to see results. Good luck with achieving your goal!

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“Reaching Your Goals” Quiz

1. What are the three parts of goal setting?

2. Why is it important to set goals?

3. What is meant by short- and long-term goals?

4. Please rate the following: How useful will this information be in helping set achievable goals for your project experiences? Circle one response.

Very Useful

Somewhat Useful

Not Sure

Not Useful



- KEY -

“Reaching Your Goals” Quiz

1. What are the three parts of goal setting?

Action, Results, and Timetable

2. Why is it important to set goals?

Various reasons would be acceptable such as having a plan, working towards something, having a clear target to shoot for, etc.

3. What is meant by short- and long-term goals?

Short-term goals can be accomplished in the relatively near future. Long-term goals are often harder and take more time to achieve.

4. Please rate the following: How useful will this information be in helping set achievable goals for your project experiences? Circle one response.

Any response would be acceptable.



4-H Goal Setting Worksheet

New Idea

What do I need to do to accomplish this goal?

When do I plan on doing it?

Good goals are measurable and have three parts:

1. Action – how you will do something.
2. Results – what you are going to do.
3. Timetable – when you are going to do it.



	ACTION	RESULTS	TIMETABLE
I want	to bake	two new kinds of cookies	by Christmas
I want	to train	my dog to sit and lie down on my command	by June 1
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Good goals also pass the “control test.”

Do you have control over the *outcome* of the goal, or does someone else have that control? For example, you control the outcome of this goal, “I want to collect, identify, and display six new species of butterflies for this year’s fair.” However, you do not control the outcome of this goal, “I want to win grand champion for my butterfly display at this year’s fair.” In this goal, the judge controls the outcome.

Revised Project/Activity Goal

Adapted from “4-H Goal Writing Worksheet,” Iowa State University Cooperative Extension, at <http://www.extension.iastate.edu/NR/rdonlyres/5C47273A-F2B6-443B-9DE1-76CC1EB16C84/5699/4HGoalWritingWorksheet1.pdf>.

