



Using Take Action: Making Goals Happen Curriculum to Teach Goal-Setting and Attainment)

Objective: To teach students how to break long-term goals into short-term achievable goals.

Setting and Materials

Settings: Special education classroom

Materials:

- *Take Action: Making Goals Happen* instructional package (Marshall et al., 1999)
- Plan Organizer (Appendix A)

Content Taught

Students will learn how to break long-term goals into short-term achievable goals.

Teaching Procedures

Teach six components of the three-part plan to attain goals (plan goals, acting on goals, evaluate actions in terms of goal attainment – determine if plan should be adjusted or if goal is attained, make a plan to attain the next goal).

Use the following questions to guide plan development (based on the Plan Organizers from Take Action – see Appendix A for a graphic organizer):

Define Short-term goal: What is one thing I need to do to reach my long-term goal this week? (Sample response: Exercise regularly)

1. **Standard:** What will I be satisfied with? (Sample response: Exercise 4 times this week)
2. **Motivation:** Why do I want to do this/long-term goal? (Sample response: To make the football team)
3. **Strategy:** How will I do this? (Sample response: Arrive at weight room by 7 am four mornings this week)
4. **Schedule:** When will I do this? (Sample response: Monday through Thursday)
5. **Support:** What help do I need? (Sample response: Someone to spot my weights)
6. **Feedback:** How will I get information on my performance? (Sample response: Exercise regularly)

Evaluation

Support students through the process of planning goals. Follow-up with students daily and observe if students are following through with the plans as outlined.

Successful implementation of the plan will be documented in the “reflection, next steps, and comments” section of the Plan Organizer.

Lesson Plan Based on:

Martin, J. D., Martin, J. E., & Osmani, K. J. (2014). Teaching students to attain annual transition goals using the Take Action goal attainment lessons. *Career Development and Transition for Exceptional Individuals*, 37, 72-83. doi: 10.1177/2165143413476544

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Research to Practice Lesson Plan Starter

Appendix A – Sample Plan Organizer based on Take Action Intervention

Define Short-term goal: What is one thing I need to do to reach my long-term goal this week?	
Standard: What will I be satisfied with?	
Motivation: Why do I want to do this/long-term goal?	
Strategy: How will I do this?	
Schedule: When will I do this?	
Support: What help do I need?	
Feedback: How will I get information on my performance?	
Reflection: Was the short-term goal met?	
Next steps: Will the plan be adjusted or will be a new plan be made?	
Comments:	