

Reflective Activity

Goal Setting

Activity Description

Students are asked to reflect on past experiences to create goals that are SMART -- Specific, Measurable, Attainable, Realistic, Time Bound -- focusing on academic, athletic, and personal achievement, and identifying steps to achieve these goals through intentional living.

Preparation, Handouts, Resources

Students are given personal previous sport history data to assist in guiding them through this exercise.

Learning Goals

Students should create an action plan to assist them in striving to reach their goals, and they should develop a sense of accomplishment through purposeful and intentional living.

Challenges/Obstacles

Failure to meet goals could create a sense of disappointment. Also, just creating specific goals is difficult for those who have fear of failure.

Recommendations

Creating goals gives direction and may create a sense of self pride in striving to reach these goals.

Tool Contributor

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