

## Lesson Four: S.M.A.R.T. Goals Soundtrack

Setting goals may not be fun, but it's an important part of life. Setting S.M.A.R.T. goals can help us focus and make it easier to achieve our goals. However, goal-setting lesson plans are rarely fun. This lesson plan provides information about setting S.M.A.R.T. goals and encourages participants to set several short-term and long-term goals, focusing on different areas of their lives. Then, participants are asked to choose a song that represents that goal, effectively creating a soundtrack to help keep their goals “on track.”

### STANDARDS ALIGNMENT

#### North Carolina Essential Standards Guidance

- I.C.2 Use analytical strategies to understand situations and make appropriate decisions.
- I.C.1 Use creative strategies to make decisions and solve problems.

#### North Carolina Professional Career Development Coordinator Standards

- Standard IV. Element b. Career development coordinators help students develop global employability.

#### Workforce Development Standards

- 20 CFR Parts 676, 677, and 678: Workforce Innovation and Opportunity Act is designed to help job seekers access employment, education, training, and support services to succeed in the labor market and to match employers with the skilled workers they need to compete in the global economy. Programs are based on eligibility.

### STUDENT OBJECTIVES

*At the close of the lesson, learners will be able to say... I can*

- explain the steps for S.M.A.R.T. goals.
- set short-term and long-term S.M.A.R.T. goals.
- create a playlist of songs to remind me of my S.M.A.R.T. goals.

### MATERIALS NEEDED

- computer, poster or handout (S.M.A.R.T. goals)
- **I can** statements on poster board or handout
- Plain white paper for each participant
- \*optional - access to song lists (Spotify, Google)
- chalkboard, whiteboard or paper pad; chalk, dry erase or regular markers
- \*optional - projector/screen to show video

## DELIVERY SUGGESTIONS

The suggested *time* for the following lesson is 60 minutes, for individual room arrangement, and any number of participants.

The following lesson is appropriate for:

- middle school students
- high school students
- adult learners

## INSTRUCTIONS

1. State and share “I can” statements with learners, so they will know the purpose of the lesson.
2. Explain S.M.A.R.T. goals (using the information from the handout) and provide a personal example. You can show this video:  
**<https://tinyurl.com/gadjsmart>**
3. Ask participants to suggest goals. Choose one goal to work through with the class, using the S.M.A.R.T. method. Have learners volunteer and agree on appropriate responses for each step.
4. Have participants record 3-5 short-term and long-term goals for themselves on blank paper. These goals may include personal development, educational, health or other areas.
5. Ask participants to choose one short-term or long-term goal from their lists to work through using the S.M.A.R.T. method. (You may have them do these on plain paper or print handouts)
6. To help participants remember goals and stay focused, ask them to create a “Goals soundtrack” by assigning a song they like to each of their goals. The song may have include a similar word or have a more abstract connection; that is up to the learner to decide. (For example, if my goal is to walk more often, I might choose “Walk this Way” by Run-DMC but it might be “Heartless” by Kanye West because I used to listen to it on repeat when walking on the treadmill). Learners should be challenged to organize their songs in a logical order (maybe short-term, then long-term).
7. Participants are invited to share their playlist with the class. Ask participants to discuss how they might utilize the playlist to help keep them “on track” with their goals.
8. Close by returning to the **I can** statements. Read each and ask participants to acknowledge if they feel they have accomplished the statement.
9. You may choose to ask participants to provide formal feedback by accessing the following link: **<https://conta.cc/3Cx9sSO>**

CREDIT FOR SOURCES

Lesson Plan from: [www.weareteachers.com/2020-soundtracks/](http://www.weareteachers.com/2020-soundtracks/)

Handout from: <https://www.weareteachers.com/goal-setting-for-students/>

Video from: <https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities/setting-goals/v/learnstorm-growth-mindset-how-to-write-a-smart-goal>

LESSON CONTRIBUTOR

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# S.M.A.R.T. Goal Planner

<b>Specific</b>	What <u>EXACTLY</u> do I want to happen?	
<b>Measurable</b>	I will know I have reached my goal when...	
<b>Attainable</b>	With hard work, is it possible to reach this goal by the deadline?	
<b>Realistic and Relevant</b>	My goal is important enough for me to put a plan into action. I will follow this specific plan to reach my goal:	
<b>Time-Bound</b>	I will reach my goal by:	