

## 33 AND ME! GOAL-SETTING LESSON PLAN

Teach students the importance of creating personalized goals to increase their academic achievement and raise their self-esteem.

The process of setting goals with students has been found to be an instrumental tool for motivating students and developing their reading skills. Research has shown the behavioral and cognitive benefits of setting reading goals. Goal setting also results in students exhibiting more grit and perseverance over time.<sup>1</sup>

Goal setting with Learning Ally can be a key strategy to help students work toward a personal goal, a recommended goal or an advanced goal that can put them on a trajectory toward increased social-emotional and academic achievement.

### Introduce the Lesson to Your Students

Habits begin with goal setting, then take commitment and effort to build into daily routines. Share the importance of developing habits using this [TedTalk by Matt Cutts: Try Something New for 30 Days](#). Encourage students to discuss the importance of building reading habits.

**Lesson Time**  
30 MINUTES AT LEAST  
3 TIMES PER YEAR

**Recommended Grades**  
K-12

**Materials Needed**  
33 AND ME! STUDENT  
GOAL-SETTING WORKSHEET

#### Ask these questions:

- » Would reading more help you become a better reader?
- » Can you see yourself reading the books you need for class with Learning Ally?
- » Can you see yourself reading books that you want to read with Learning Ally?
- » What do you think will happen if you build a habit of reading with Learning Ally?
- » Why are goals important?

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Praise and encourage the student! Recognize and reward students with a certificate of achievement each time they achieve their goal!

### Start the Goal-Setting Journey

Hand out a 33 and Me! Student Goal-Setting Worksheet to each student. Let students know that this worksheet will be a guide for both of you for the entire school year and that you will monitor their progress throughout the year. It is recommended that you review the goalsetting worksheet with each student at least once a marking period to discuss progress. Be sure to review the set goal with the student to determine if a new goal needs to be created or if the current goal is still appropriate.

### Continue to Progress Monitor and Discuss Goals with Each Student

Allow students to fill in the statements and review those statements each time you do a review of the 33 and Me! Student Goal-Setting Worksheet. When a student embraces his or her own reading goal and understands how to make it measurable, the student will be invested in working toward that goal.

**Ask students to do the following actions:**

#### 1 Visualize yourself achieving your goal.

- » Allow 2–3 minutes of silence to allow students to visualize.
- » Ask for volunteers to share about their visualization.

#### 2 Discuss your goal with someone else.

- » Have students complete a pair-share with a partner in the class to discuss their reading goal.
- » Ask students to tell a family member at home.

**References:** 1. Cabral-Marquez, C. (2015). Motivating Readers. *The Reading Teacher*, 68(6), 464-472. doi:10.1002/trtr.1332  
Rader, Laura A. (2005). Goal Setting for Students and Teachers: Six Steps to Success. *The Clearing House*, 78(3), 123-126.