**Goal Setting- Week 1 SEL Lesson**

**Goal Setting**involves the development of an action plan designed to motivate and guide a person or group toward a goal

*Lesson Plan-* [SEL Lesson Plan Week 1 Goal Setting.docxPreview the document](https://hallco.instructure.com/courses/46018/files/2740825/download?wrap=1)

*Video-  [link](https://youtu.be/NG3HxrW1qZk)*

**Monday-**What is a goal and how can it be effective

*Smart Goal Worksheet-  [SMART Goal Worksheet.pdf](https://hallco.instructure.com/courses/46018/files/2740892/download?wrap=1" \o "SMART Goal Worksheet.pdf)[Preview the document](https://hallco.instructure.com/courses/46018/files/2740892/download?wrap=1)*

**Tuesday-** 5 Components of a SMART Goal

**Wednesday-**Creating a SMART Goal

**Thursday-**Creating a SMART Goal continued!

**Friday**- Smart Goals for Edgenuity

*Ticket out the Door Formal Assessment-*[*Goal Setting Exit Ticket Quiz.docx*](https://hallco.instructure.com/courses/46018/files/2740902/download?wrap=1)*[Preview the document](https://hallco.instructure.com/courses/46018/files/2740902/download?wrap=1)*