

## UNIT 2: GOAL SETTING

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### Why this unit?

In life, goal setting, planning, and prioritizing are critically important for the successful accomplishment of a wide range of activities. This two-lesson goal setting unit provides teachers and students with the opportunity to set short-term and long-term goals and to evaluate how students can reach these goals.

### What is in this unit?

**Lesson 1: Identifying CANDO Goals (1 hour):** This session uses strategy instruction to clarify the importance of goals. Students learn to create personalized and achievable goals that are **C**lear, **A**ppropriate, **N**umerical, **D**oable and with **O**bstacles considered (CANDO).

**Lesson 2: Thinking Through Personal Goals (1 hour):** This session reviews common obstacles that prevent students from achieving their goals. Building off of Lesson 2.1, students take the goals they have already set and develop strategies to achieve these goals (e.g., students break goals into steps and think about the obstacles they may face when trying to achieve their goals).