



Module 8: Setting My Life Goal

Introduction : Learning ways to set goals and explore personal life goals step by step.

Learning Goals :

- To understand the significance of setting goals;
- To learn to set specific goals;
- To inspire thinking and set personal life goals

Keywords : # Empowered #Goal

Learning Materials :

- Powerpoint slides for teaching
- Worksheet: A goal set in my past
- Worksheet: Viewing my life goal from the life wheel
- Worksheet: My life planning footprints® “My SMART Goal Poster”

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- <https://elesson.lifeplanning.edb.gov.hk/>



Teaching Activities and Flow

Share My Life Planning Footprints⑦

<p>Time: 5 minutes</p> <p>PPT: P.2-3</p> <p>Worksheet: My life planning footprints⑦</p>	<p>➤ Briefly introduce the learning flow of module 7, and ask students to take turn to share their own life planning footprint ⑦ "My Support Team" in 1 minute with the student sitting next to them :</p> <ul style="list-style-type: none">○ If you encounter difficulties in your career development, who will you ask for help?
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Why is it necessary to have a life goal?

<p>Time: 5 minutes</p> <p>PPT: P.4-6</p>	<p>➤ The teacher asks, "Why is it necessary to have a life goal?" Then, the teacher writes down students' opinions on the blackboard.</p> <p>➤ With reference to the article published by psychologists, Edwin Locke and Gary Latham (2002), setting goals have the following purposes and impacts:</p> <ul style="list-style-type: none">○ Providing a life direction to people;○ Improving performance and increasing productivity;○ Enhancing motivation and perseverance;○ Being able to utilize own knowledge and skills;○ Learning new knowledge and skills;○ Gaining sense of satisfaction. <p>➤ Teacher' s facilitation: "Goal is a personal expectation we hold towards our future. We will plan for that and come up with ways to achieve it. We can set an appropriate goal for ourselves based on personal traits, environmental strengths and limitations. By doing so, we can have a direction to work on and make our life journey more meaningful. "</p>
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Activity 1: Case Study—— I Have My Own Value

Time: 15 minutes

PPT: P.7-8

Video Clip: "I have my own value"

Duration : 9 minutes 11 seconds

(The part of 6:38-9:11 can be played)

<https://www.youtube.com/watch?v=iX3JM3zPRuo>

➤ Play the video and ask students to think about the following questions. Then, invite some students to share their thoughts.

- What are the "two new life goals" held by the main character in the case?

(Reference answer : Joining the World Triathlon and being a part in the public performances of Philharmonic Orchestra) (Play the part of 6:38-7:10)

- What is his view towards "goal" ?

(Reference answer : All of us should have a goal that can motivate us to do tasks every day; What wakes him up every day is not the alarm but his goal) (Play the part of 7:49-8:43)

- Do you agree with his view? Please share a personal experience related to goal setting in your group.

➤ Teacher' s facilitation: "The story of the main character shows that no matter what you experience and encounter in your life journey, you should also possess your own life goal to make your life more vivid and meaningful."



Activity 2: A goal set in my past

Time: 20 minutes

PPT: P.9-14

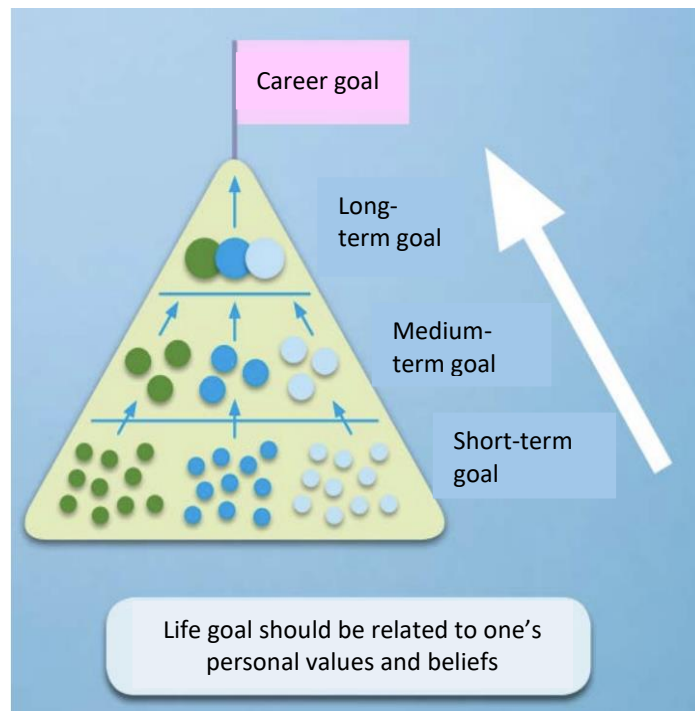
Worksheet:

A goal set in my past

- The teacher distributes the worksheets and leads students to think about the following questions. The teacher can also share his/her personal experiences as illustrations.
 - Think of a goal you had set in the past
 - Does this goal fulfill the following requirements?
 - Is it specific?
 - Can you measure whether it is achieved or not?
 - Is it achievable?
 - Is it meaningful and valuable to you?
 - Any specific time to achieve it?
 - Was your goal a success? How was the experience?
 - Why was it successfully achieved/fail to achieve?
- Teacher' s facilitation: "Have you ever set goals that could not be achieved at last? It might be caused by the lack of a definite target and a plan with details while you set the goal. Thus, the results often deviated significantly to your own expectations. We can take reference of the following five principles to set an efficient and clear goal."
- The teacher uses PowerPoint P.11 to explain how the 5 principles can help us set a clear goal:
 - Specific (Can clearly understand the things you have to achieve)
 - Measurable (Have indicators to clearly define success)
 - Attainable (Ensure that the goal can be achieved after balancing both the external and internal factors)
 - Relevant (Can bring meaning and value to your life)
 - Time Based (Can complete in a specific time frame)

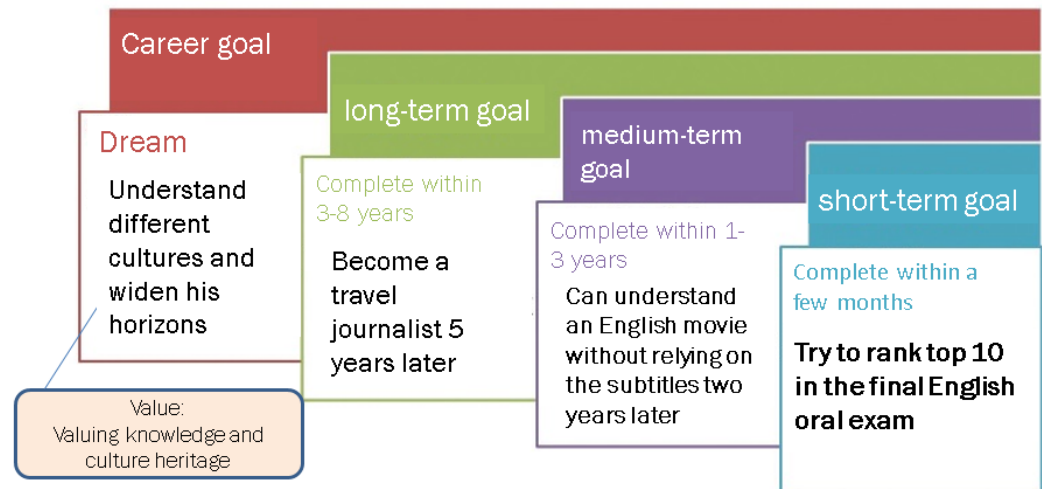


- The aforementioned 5 "SMART" principles for setting effective goals took reference of the article "There's a S.M.A.R.T. way to write management's goals and objectives" published by George Doran (1981), a US entrepreneur.
- The teacher uses PowerPoint P.12 to explain the categories of goal, "With reference of an article on goal setting published by Anthony Grant (2012), a professor in the University of Sydney in Australia, goals can be big or small, in different stages or be achieved through multiple stages. A strategy is to categorize goals into short-term, medium-term or long-term according to the execution time, and to plan different action plans for the goals. Goals set for each period should echo to one another and be set to reach one's ultimate life goal/vision gradually. Grant (2012) also pinpointed that the higher-level goal set should equal to one's career values and beliefs. Hence, setting goals can help demonstrate our life values."





- The teacher can make use of the following examples to illustrate how to set up goals in different stages.



- Suppose a secondary-five student has a career goal of understanding the different cultures and to widen his horizons. Try to recommend how he should set his short-term, medium-term and long-term goals.
- From this example, we can see that in order to achieve a long-term career goal, it is vital to step out the first step:
 - **Short-term goal** : Try to rank **top 10** in the **final English oral exam** to enhance his own English speaking ability;
 - **Medium-term goal** : The next step is to understand an English movie without relying on the subtitles two years later;
 - **Long-term and career goal** : In terms of career goal, he has to understand multiple pathways and actively equip himself to **become a travel journalist** 5 years later so as to step towards the goal of “understanding different cultures.”
- In this case, the student's career goal is consistent with his life attitude and belief of “**valuing knowledge and cultural heritage**” , making his action plans more meaningful.



- When you set your goal, you can prepare yourself mentally in the following ways, which can help you a lot to achieve your goal.
 - Do I really want to do this?
 - Would I feel excited if my goal is achieved?
 - Would I try my best to take action so as to achieve the goal?
 - Can I perform every action within a specific time frame?
 - Is the goal too difficult/easy to achieve? What will happen then?
 - Am I ready to compromise in order to achieve my goal?
- Teacher' s facilitation: "Setting a clear goal with a perseverant attitude is the first step towards success. Even if the goal cannot be achieved eventually, we can also understand the areas that need improvement through evaluations. This is the inevitable stage and footprint for career development.

Activity 3: Viewing My Life Goal from the Life Wheel

Time: 10 minutes

PPT: P.15-18

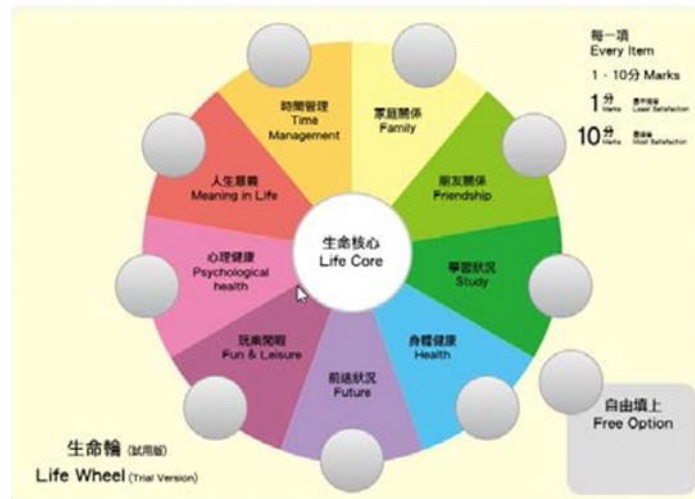
Worksheet: Viewing my life goal from the life wheel

- The teacher distributes the worksheet and uses PowerPoint P.16 to explain the "Life Wheel" . "CLAP for Youth @ JC" (2016) took reference from different literatures about individual health and life value to design the "Life Wheel" , which inspires users to develop their own life developmental pattern. We can review our life status and set different life goals according to the following 9 aspects:
 - **Family**: relationship among family members—time and quality of communication and time to get along;
 - **Friendships**: relationship with friends —encouragement and support from friends;
 - **Study**: study and revision status—room for reflection and full-brain development;
 - **Future**: future study and employment status—Interests, ability, confidence and preparation;
 - **Fun and Leisure**: daily entertainments and interests;



- **Health:** Physical and mental health condition— Quality of sleep, eating habit etc.;
- **Psychological Health:** emotion control, ability to express and resilience (the ability to cope with adversity);
- **Meaning in Life:** reflect and explore life meaning and aspiration;
- **Time Management:** how to utilize time.

➤ Ask students to mark their satisfaction level on the Life Wheel for each item (1-10 marks, with 10 being the most satisfactory) and share their opinions with the group. (Can refer to the worksheet for life wheel)



➤ Teacher' s facilitation: "Career development can be separated into different stages. We can review our development regularly through the life wheel and express our status in different stages. This can help us enhance our self-awareness, find out our life goal and developmental direction."

	<p>➤ The teacher summarizes the lesson by PPT P.18, “Setting goals can help us find our life direction and demonstrate our personal values and beliefs so as to lead a meaningful life. In the meantime, life goal can be set in diverse scopes and areas, not limited to academic and career goals. We can set a relevant and practical goal by using SMART principles to increase our chance to succeed. Long-term goals compose of a lot of small goals. We should start by setting and carrying out short-term goals, gradually moving towards our career developmental vision.</p>
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My Life Planning Footprints® “My SMART Goal Poster”

<p>Time: 5 minutes PPT: P.19 Worksheet: My life planning footprints®</p>	<p>➤ Ask students to complete “My life planning footprints®” after class and share it during the next session:</p> <p>➤ Continued from Activity 3, ask students to set a goal according to the SMART principle and design a poster to show:</p> <ul style="list-style-type: none"> ○ Specific : Specific thing to achieve ○ Measurable : indicator of success ○ Attainable : evaluate whether it is attainable (internal advantages and limitations; external assistance and resistance; ways to overcome limitations and resistance) ○ Relevant : reasons of setting this goal (meaning and value brought to yourself) ○ Time Based : timeframe for realizing the goal
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- The teacher can make use of his/her personal experiences or the following examples to illustrate:
 - Setting a goal related to self-management:

“When reflecting on personal self-management, it is found that the performance is unsatisfactory. As I am always late for school or my date, the satisfactory level is only 2.”
 - Hence, I set a goal:

I have to arrive school 10 minutes before the bell rings next Monday to Friday.
S M A R T
- Encourage students to put the poster in areas where they can often view so that they can let student sitting next to them know about their goals. Also, they can reflect from time to time and actively work towards their goals.



Extended Activity® “Shine My Life Goals”

PPT: P.20

Tool: Log onto My
Life Planning
Portfolio

<https://portfolio.lifeplanning.edb.gov.hk/>

- Ask students to log onto “Shine My Profile” and write down 3 life goals that fulfill personal value with reference to the SMART principles (can take module 2 “Exploring Personal Value” as a reference) to gradually establish a personal career vision step by step.

我的人生/生涯目標

寫下的人生/生涯目標

1.

2.

3.

上一步 保存並繼續



Reference

Books and journals :

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Grant, A. (2012). An integrated model of goal-focused coaching: An evidence-based framework for teaching and practice. *International Coaching Psychology Review*, 7(2), 146- 165.

Locke, E.A., & Latham, G.P. (2002). Building a practically useful theory of goal setting and task motivation. *American Psychologist*, 57(9), 705–717.

Multimedia Resources Websites :

- 單元八教學資源：<https://elesson.lifeplanning.edb.gov.hk/>
- 個案分享—我有我價值：<https://www.youtube.com/watch?v=iX3JM3zPRuo>
- My Life Planning Portfolio: <https://portfolio.lifeplanning.edb.gov.hk/>