



Wildcats ROAR for Achievement



Objectives:

Students will:

- Define the word “achieve”
- Show the connection between achieving and setting goals
- Complete your goal chart to enhance your achievement

Materials:

- Notebook paper, pens/pencils
- Graphic organizer “School Environments and Respectful Behaviors” for each student
- Goals Chart
- Exit Slip

Activities:

1. Upon entering the room, students are given 3 minutes to complete the warm-up activity written on the overhead/board (Warm-up: In your own words, define the word achievement.)

2. Students are then asked to brainstorm examples of ways to exhibit successful achievements in a school day. The teacher records responses on the board. Be sure to cue students to think of all the environments within the school building. State responses positively.

Discuss how setting goals can increase achievement.

- Goals should be realistic. Winning a marathon is unrealistic after 2 weeks of training.
- Goals should be self-chosen. You are more likely to achieve a goal you set for yourself than one someone else sets for you.
- Goals should be moderately difficult
- Goals should be specific. Instead of stating I want to get good grades this year, be specific. I hope to get an A in math and a B in science the first 9 weeks.
- Goals should be measurable. I had a B on my first science test. I completed 3 of the last 4 assignments.
- Goals should be positive. “I will complete all my homework” is better than saying, “I won’t miss any homework assignments.”
- Goals should be flexible. If you are not meeting your goal change your plan.
- Goals should have a deadline. When do you plan on accomplishing the goal, at the end of class, tomorrow, next week, mid-term or the end of semester?
- Goals should be written down. They will help you remember what you are trying to achieve.

Source: www.ulc.arizona.edu/online_materials/GoalSettingOnline_files/outline.htm

4. Discuss what daily activities performed in school can help you achieve your goal for success at Westmar Middle.

- Complete work and do your best
- Participate in classroom activities
- Use time efficiently to complete tasks
- Participate in reviews and study for tests
- Be organized and prepared
- Take pride in your surroundings
- Be physically and mentally alert