**MAKE IT HAPPEN!**

**THEME:** GOAL SETTING

**TITLE:** Make it Happen!

**OBJECTIVES:**

*Make it Happen!* is an activity in which students will have the opportunity to organize their academic and personal goals. It provides them with a step-by-step framework to accomplish these goals during their school breaks, and return to school feeling productive and less stressed.

**TIPS:**

* This activity works best when students work in pairs to help brainstorm goals and to have someone to hold them accountable.
* You may wish to create a contest for this activity. Student pairs can be outwardly rewarded in the group for achieving their goals in addition to the intrinsic rewards they will receive.

**INSTRUCTIONS:**

1. Hand out worksheets and have students write down their upcoming assignments or other academic requirements (i.e. upcoming projects, tests, etc.), and prioritize them in order of importance from 1-5. This will help student strategize when deciding on their goals (5 minutes). Students should also write down a few personal interests (i.e. earning money, playing sports, beating a video game, etc.)
2. Next students should write down one or two realistic academic-related goals, and one personal goal that they would like to achieve over their school break.
3. Using the calendar on the provided worksheet, allow students 15-20 minutes to create a day-by-day game plan for how they are going to achieve the goals. You can encourage students to input calendars into their phones or other electronic calendars as well.
4. Bring the students all back together and discuss any barriers to achieving the selected goals, and how to overcome those barriers. Encourage students to think about how they might feel if they accomplish their goals over the break.

\*Note: If students are working in pairs, have partners discuss goals with one another and encourage them to discuss creating achievable goals. Students may also want to schedule “check-in” days on their calendars in which partners will contact one another to touch base about where each other is in achieving his/her goals

**DEBRIEF** *(The week after break)*

1. How did the pre-planning help you work toward your goals?
2. What was the hardest thing about achieving your academic goals? Personal?
3. How did this exercise make your break more meaningful?
4. How did this affect your return to school?
5. Did you accomplish your goals? If so, what was the most helpful in achieving them? If not, what stopped you? Is there anything you could do to fix the problem in the future?
   1. \* This might be a good time to reward students for achieving their goals.
6. (If students had partners) How did having a partner help motivate you?

Developed by: Nicole Guillen and Katie Hale, Georgia State University, 2015

**MAKE IT HAPPEN!**

**TO-DO LIST (Brainstorming)**

|  |  |  |
| --- | --- | --- |
| **ACADEMIC SUBJECT** | **NEED TO DO…** | **PRIORITY (1-5)** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| **PERSONAL INTERESTS** | **WANT TO DO…** | **PRIORITY (1-3)** |
|  |  |  |
|  |  |  |
|  |  |  |

**PERSONAL AND ACADEMIC GOALS**

|  |  |
| --- | --- |
|  | **THREE GOALS TO ACCOMPLISH OVER BREAK** |
| Academic (A1) |  |
| Academic (A2) |  |
| Personal (P) |  |

**DAILY CALENDAR**

**Week 1**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| *Goals* | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| A1 |  |  |  |  |  |  |  |
| A2 |  |  |  |  |  |  |  |
| P |  |  |  |  |  |  |  |

**Week 2**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| *Goals* | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| A1 |  |  |  |  |  |  |  |
| A2 |  |  |  |  |  |  |  |
| P |  |  |  |  |  |  |  |