

Access English Centre Immigrant Centre Manitoba

Activity Plan – Goal Setting

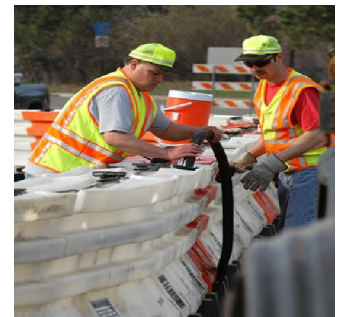
Level: Intermediate

Theme: Personal Growth

Topic: Goal Setting

Time: 45 minutes

1. Begin class by asking students what a goal is. Listen to the responses of students and write their ideas on the board. Provide students with a simple definition of what a goal is. You might have to distinguish between a goal (i.e. a future plan) and a goal (i.e. soccer/hockey goal).
2. Show students the picture sheet (attached). Review with them the different types of goals (i.e. education goal, family goal). Have students provide examples of the different types of goals (i.e. to improve my reading would be an education goal).
3. Hand out to students the list of popular goals (attached). Have students read one goal from the list one at a time. Have students read the list of popular goals with a partner, too.
4. With a partner have students try to place the different types of goals into the appropriate categories (i.e. save money would be a financial goal). Circulate and assist students as they work. Students should be working and communicating with their partner.
5. When completed review answers as a whole class. Then have students write down five goals they wish to accomplish (attached worksheet). The teacher can then have students report on their personal goals with a partner, with a small group or to the rest of the class.



Education

Career

Goals



Health
Financial



Family



Personal Pleasure

Popular Goals people have

Lose Weight

Quit Smoking

Learn how to drive

Get more sleep

Win the lottery

Go on vacation

Drink More Water

Start my own business

Get Married

Read more

Travel the world

Get out of debt

Learn a new language

Have a baby

Go to college

Exercise more

Save money

Get a job

Get a promotion

Write more

Different Types of Goals

Work with a partner to place the different goals under the correct category

Education Goals
1.
2.
3.
4.
5.

Career Goals
1.
2.

3.

Financial Goals
1.
2.

Health Goals
1.
2.
3.
4.
5.

Family Goals
1.
2.

Personal Pleasure Goals
1.
2.
3.

My Goals – Assignment

What to do: Think of some of your personal goals. Try to think of 5.

Write the goal. Beside the goal write what type of goal it is. Be prepared to discuss your goals with a partner, small group or with the whole class.

Goal #1: _____

Type of goal: _____

Goal #2: _____

Type of goal: _____

Goal #3: _____

Type of goal: _____

Goal #4: _____

Type of goal: _____

Goal #5: _____

Type of goal: _____