

Access English Centre
Immigrant Centre Manitoba
Goal Setting
Warm-up and Workout Activity Intermediate Level

Facilitator Note: This is an interactive and sharing activity for participants to practice expressing their personal goals as they prepare for life in Canada. The participants work together as a group and share their plans and goals.

Materials: Participants need: Pictures and Activity sheet, pencils/pens Facilitator needs: Whiteboard and whiteboard markers	
10-15 min.	<u>Warm-up Activity:</u> Brainstorm (group sharing) Whole group activity: Write the following questions on the whiteboard and ask the group "What are your <u>main reasons</u> for coming to Canada?" "What are you going to do in Canada?" "What are your <u>short-term goals</u> ?" "What are your <u>long-term goals</u> ?" "Do you have a plan to reach your goals?" "What are they?" After group sharing, introduce the topic of the day "Goal Setting".
30 min.	<u>Work-out activities:</u> (distinguish the differences between long and short term goals.) 1. Review with the group the different types of goals (i.e. education, family). Have clients provide examples of the different types of goals (i.e. to improve my speaking skill would be an education goal). 2. Pair work on activity #1. Work with your partner and share your answers. (See worksheet #1) 3. Pair work on activity #2. Name three of your short-term goals - things you would like to do in the next year or two such as attending English Conversation group, or taking a trip to Vancouver this summer, etc. (See worksheet #2)
20 min	4. Hand out activity #3. Divide the whole group into smaller groups of three or four. Have the learners work on the popular goals and share their answers with the group. Circulate and assist learners as they work. Learners should be working and communicating with their partners. 5. When completed, ask a representative from each group to report and share their answers with the rest of the class. Extension: Explain to the group that after they finish sharing their personal goals with their partners, they are going to ask each other about their personal goals by using "WH" questions. The goal is to learn and practice how to share and how to offer advice. (Think, pair and share) 1) Whole Group Work – mini presentation: Have one member from each group share their answers with the whole group. 2) Wh - questions: Ask the whole group to ask some "wh- questions" based on the presentation on the personal goals.

#1. What are your goals? (Look at the pictures and share your goals)



What is your goal for leisure activity?



What is your goal for your good health?



What is your goal for education?



What is your goal for your family?



What are your financial goals?



What is your career goal?

#2. Different Types of Goals (Pair work)

Note: Work with a partner to place your different goals under the correct category.

Personal Goals:

1. Education _____ _____ _____ _____ _____ _____	2. Career _____ _____ _____ _____ _____ _____
3. Health _____ _____ _____ _____ _____ _____	4. Financial _____ _____ _____ _____ _____ _____
5. Family _____ _____ _____ _____ _____ _____	6. Personal Pleasure _____ _____ _____ _____ _____ _____

#3. Popular Goals (pair work or small group)

A: Note: Work with your partner / or in small groups and choose your personal goals, and explain why.

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

B. What are your personal goals? Write down or talk about 5 goals you would like to accomplish in your life.

1. _____.

2. _____.

3. _____.

4. _____.

5. _____.