Advance

Personal Goals

Every day at SOLAN we set goals: daily goals during morning meeting, subject goals during lessons and also personal goals during project and inquiry. Setting effective goals can help give direction and a sense of purpose, supporting the idea of taking ownership of our learning and growth. This week I'd like to look at how we can best set effective goals for learning.

Make it Achievable
Can you do it? How?
Make your goal realistic. If a goal seems large, try breaking it into smaller parts.

For example:
Instead of "Get a perfect score on a test", "Study a little for my test everyday"

Be Clear
What do you want to do?
A specific goal is often more helpful.

For example:
Instead of "Try hard in Inquiry today", "Do one page of research in inquiry today".

Set a General Time
By when?
A rough timeframe can help you plan.

For example:
Instead of "Read this book", "Read this book by next week."

Make It Meaningful
Why this goal?
Connecting a goal to your interests often makes it easier to work on.

I find it very motivating to set a goal that I am are able to complete. Next time you have to set a goal, try to remember these steps!

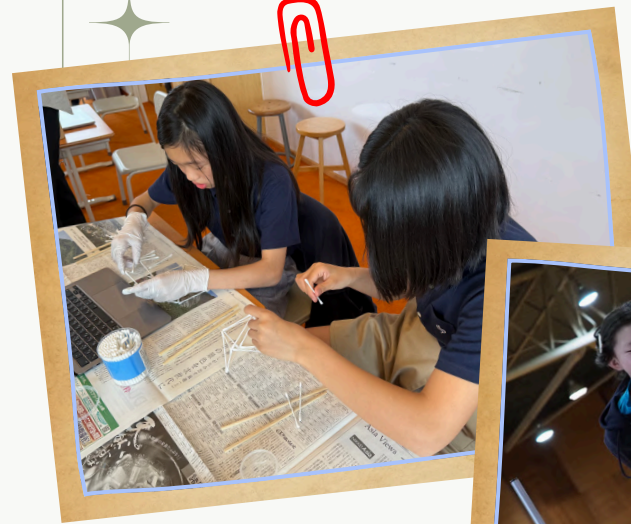Have a great weekend and see you all next week!

We will value "Purpose" and "Ownership" for you

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