



**Lesson #1**

**August 27, 2014**

**Objective: Set Goals for the School Year**

**Name:**

**Advisory Teacher:**

1. How does setting a goal change your perspective for an undertaking?
2. It is important to set SMART goals. Why is each of these characteristics important for setting a goal?
  - S – Specific
  - M – Measurable
  - A – Achievable
  - R – Relevant
  - T – Time-Bound
3. What is a SMART goal you can set for the 2014-2015 school year for academics?
4. What is a SMART goal you can set for the 2014-2015 school year for extra-curricular activities?
5. What is a SMART goal you can set for the 2014-2015 school year for your life outside of school?