

# Project GOAL Group Session #16

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## Instructional Focus:

Goal-Setting: Students will graph their current grades in their core classes, reflect on their successes and challenges, and use their reflections to write a new/ revised monthly goal and immediate steps.

Problem-Solving: Students will practice using all the problem-solving steps with a sample skit and determine the best response to their given situation.

## Activities:

1. Share journals (5 min)
2. Chart grades and reflect on successes and challenges, and share advice with peers (15 min.)
3. Quick review of problem-solving steps. (5 min.)
4. Practice Problem-solving Steps #1- 6 with skits (20 min.)
5. Assign letter to advisor (5 min.)

## Materials:

1. Student journals
2. PowerPoint for session #16
3. Materials for charting grades
4. Current grade printouts
5. Monthly Goals Reflection Sheet
6. New SMART goal student sheets
7. Lesson 16 skits (only one skit to assign for each student)
8. Lesson 16 answer sheets (only one sheet for each corresponding skit)
9. Lined paper for letter.
10. Monthly record of points earned, completed by Advisor

## Activity 1: Share journals (5 min.)

- Display slide 1 as students enter the room.
- Start by sharing the agenda for today's session (slide 2)

SAY: *We will start today by sharing our journal entries from our last session.*

- Display slide 3.
- Have students share journals as they normally do.

## Activity 2: Chart grades and reflect on successes and challenges, and share advice with peers (15 min.)

- Display slide 4.
- Distribute grade graphing charts, Goal Reflection sheets, and SMART goal sheets. Have students chart their progress in each core class as usual.
- Encourage students to reflect on their progress this school year by asking the questions on slide 4.
- Display slide 5. Have students share tips and pitfalls to avoid as the slide directs.
- Display slide 6. Instruct students to complete the monthly goal reflection and SMART goal sheets as usual.

### Activity 3: Quick review of problem-solving steps. (5 min.)

- Display slide 7.
- Review the problem-solving steps, checking for understanding.

*SAY: Here is a list of all the problem-solving steps. Remember that Step #1 is to recognize a problem exists in the first place.*

*ASK: What are some ways you will know that you have a problem (your body gives you signals, someone is upset with you, you are thinking about breaking a law or a rule)*

*SAY: Then, it is time to stop and get ready to think.*

*ASK: What are some strategies we learned to help us stop and calm down so we can think clearly and respond thoughtfully? (self-talk.)*

*SAY: Then we need to state the problem clearly. There are 2 things you need to avoid when stating a problem clearly.*

*ASK: What are those two things? (feelings and judgements).*

*ASK: Then we need to get the facts, self-facts and what else? (other facts).*

*SAY: Then we need to brainstorm possible solutions, at least 3 or 4. The last step is to pick the best solution and then take action. Remember that there's a lot to think about before you take action to solve a problem, but these steps will ensure that you make a thoughtful response instead of just following your first impulse.*

- Display slide 8.

*SAY: Remember how we helped Roberto solved his problem in science class? Today, you will work with your partner to solve another problem, using all of the problem-solving steps*

- Display slide 9.

*SAY: Today, you will work with your partner to solve another problem, using all of the problem-solving steps.*

#### **Activity 4: Practice Problem-solving Steps #1- 6 with skits (20 min.)**

- Display slide 10. Read instructions.
- Distribute one scenario and one answer sheet to each pair of students. Give students time to read their assigned skit.
- Display slides 11-19 as needed to give support to students. Allow students to be more independent if they are ready.
- Circulate around the room as students complete the activity.
- Display slide 20. Each duo will perform their skit with the thoughtful response. Ask questions as needed to prompt students to explain their solution to the problem.

#### **Activity 5: Letter to your Advisor (5 min.)**

- Display slide 21.
- Distribute lined paper.
- Read and explain the assignment.