

Moonshadow Productions
***CHOOSING A GOAL* ©2009**
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Target Audience: High School Students ages 13-18; College Students 18-25
Duration: 1 or 2 Class Periods
Goal: To prepare students to recognize the importance that goals play in our lives and motivate viewers to identify and pursue goals
Objectives: By the end of this session, students will be able to:
*Cite the importance of choosing goals
*Describe various types of goals
*Cite the causal relationship of goals to being successful
*Recognize that even small goals add up
*Remove the apprehension of choosing the wrong goal
*Gain an introduction to budgeting
*Gain a renewed understanding of the importance of staying in school and that college is accessible to everyone
*Learn that today's goals become tomorrow's reality

Setting: Classroom
Materials: Television with DVD player
Whiteboard and marker pens
Copy of DVD titled "CHOOSING A GOAL" By Moonshadow Productions
Copies of Evaluations (1 per student)- hand out at the start of class

Lesson Overview:

Class Session One: 50 Minutes

1. Teacher reads introduction to Part One to class: 3 Minutes
2. 23: Minutes Students watch the video
3. 24: Minutes: Class Review
 - a. Review Discussion Questions
 - b. Review Evaluations

Day One: Choosing A Goal:

Welcome and Introduction: 3 Minutes: The purpose of the “Choosing A Goal” DVD is to provide information regarding the importance of choosing a goal and helping you remove the mental obstacles that get in your way. I want you to take out a piece of blank paper and write your answers to the following four questions before you watch this video.

1. Question: Who thinks about choosing a goal in this class?
2. Question: What stops you or has stopped you from choosing a goal?
3. Question: What are the most important goals to choose?
4. Question: What goals do you feel most strongly about, if any?

“Write your answers down and let’s watch the movie.”

**Insert Video into DVD Player and Select: “Choosing a Goal”
Play movie: 23 Minutes:**

Student Review with teacher: 24 Minutes:

Discussion Questions:

1. The video emphasizes the importance of staying in school and the significance of being committed to something you really want to accomplish for its own sake. Can anyone think of examples in your own life of something you wanted to accomplish for its own sake?
2. The story integrates concepts like putting specialized knowledge to work, budgeting, the idea that learning is a lifelong journey-and that we never arrive. Let’s talk about putting specialized knowledge to work. What examples did you see in the video of students who were preparing to put specialized knowledge to work?
3. Remember the part about budgeting? Who can think of examples in your own lives where budgeting was important to you?
4. One of the speakers said that true happiness comes from doing, being, accomplishing, really standing up for something and being real. Who can think of examples of why this is true?
5. Several career pathways were introduced during the video. Which looked like the most intriguing to you?
6. What did they mean by: “learning is a lifelong journey...you never arrive.”?

Discussion:

Now take out the answers you wrote down at the beginning of the session. Who wants to share? What did you write down and have your answers changed since watching the video? How did they change? Who thinks that parents could benefit from watching this video?

Teacher Narrative: Now let's review the evaluations:

Distribute the evaluation forms to Students-have students complete the forms.

- 1) Who gave it a good score on question 1-*Music & Graphics* Who gave it a not so good score on Question 1?
- 2) Who gave it a good score on question 2-*Overall value of the information presented?* Who gave it a not so good score on Question 2?
- 3) Who gave it a good score on question 3-*this video improved your understanding of the Importance of choosing a goal?* Who gave it a not so good score on Question 3?
- 4) Who gave it a good score on question 4-*This video helped you understand the importance of staying in school and learning a skill.* Who gave it a not so good score on Question 4?
- 5) Who gave it a good score on question 5- *This presentation made me feel understand that you can't be committed to something unless you understand what it is.* Who gave it a not so good score on Question 5?
- 6) Who gave it a good score on question 6: *This presentation increases my understanding that the sooner I choose a goal the more successful I will be.* Who gave it a not so good score on Question 6?
- 7) Who gave it a good score on question 7: *This video helps me understand that choosing a goal is the most important key to being successful.* Who gave it a not so good score on Question 7?
- 8) Who gave it a good score on question 8? *This video helps me realize that setting short-term goals are important to steps to realizing a long-term goal.* Who gave it a not so good score on Question 8?

Evaluation form for students: *Choosing A Goal*

Photocopy and hand out this page to students prior to start of the class.

After reviewing this DVD, please let us know what really worked, and what needs to be improved by answering the following questions using a scale of 1 to 5, with **1 being BAD** and **5 being GREAT**, or **1 being Disagree** and **5 being Strongly Agree**—depending on the question. Please circle the number that best reflects your opinion.

1 2 3 4 5 Music, Graphics, Photos & Animations

1 2 3 4 5 Over all value of information provided

1 2 3 4 5 This presentation improves my understanding of the importance of choosing a goal.

1 2 3 4 5 This presentation made me feel that good jobs depend on staying in school and learning a skill.

1 2 3 4 5 This presentation made me feel understand that you can't be committed to something unless you understand what it is.

1 2 3 4 5 This presentation increases my understanding that the sooner I choose a goal the more successful I will be.

1 2 3 4 5 This video helps me understand that choosing a goal is the most important key to being successful.

1 2 3 4 5 This video helps me realize that accomplishing short term goals really add up and are important to steps to realizing a long term goal.

1 2 3 4 5 This video helps me realize that today's goal becomes tomorrow's reality.

What did you like most about this video? _____

What else is important for this class to understand from your perspective?
