

Unit 5: Goal Setting & Time Management

Unit #: APSDO-00109565
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Grade(s): 6
Subject(s): School Counseling
Course(s): GR. 6 - SCHOOL COUNSELING

Unit Focus

In this unit, students will learn different strategies about time management and apply them to a day in their life. Students will also learn what a S.M.A.R.T. (specific, measurable, attainable, relevant, time-based) goal is and set an academic S.M.A.R.T. goal.

Stage 1: Desired Results

Established Goals	Transfer	
Standards <ul style="list-style-type: none">Avon School Counseling Standards (CT 2020)<ul style="list-style-type: none">School Counselling<ul style="list-style-type: none">ACADEMIC DEVELOPMENT<ul style="list-style-type: none">Demonstrate skills for effective learning and achieving school success. (A1)Demonstrate the ability to set goals based on reflective evaluation of current performance. (A6)CAREER DEVELOPMENT<ul style="list-style-type: none">Demonstrate effective workplace habits and the ability to transfer employability skills to future career success and from job-to-job across the lifespan. (C3)	<i>What kinds of long-term, independent accomplishments are desired? Students will be able to independently use their learning to...</i>	
	T1 (T1) Use self-knowledge in order to develop effective decision making skills, create meaningful goals, and identify positive attributes.	
	T2 (T3) Explore and pursue viable options based on interests, experience, and goals.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>What specifically do you want students to understand? What inferences should they make? Students will understand that...</i>	
	U1 (U1) Effective decision making and goal setting skills are necessary to achieve personal success.	Q1 (Q01) What is really important to me? How does that shape my priorities?
	U2 (U3) Reflection is necessary to develop self-knowledge.	Q2 (Q03) What choices do I make when I have the opportunity to decide?
		Q3 (Q11) What do I want to try? How do I pursue it?
	Acquisition	
Knowledge	Skill(s)	
<i>What facts and basic concepts should students know and be able to recall? Students will know...</i>		
K1 What positive strategies can help them to be successful in school	S1 Creating an academic S.M.A.R.T. goal	
K2 What a need is versus a want	S2 Utilizing a time tracker to help them budget their time	
K3 Positive time management strategies	S3 Applying time management skills to a career that they saved in Xello	
	S4 Identifying 3 strategies to help them be successful in school	