

CHARACTER COUNTS! Day at the Ballpark

Goal Achievement

Purpose:

Encourage students to establish and work towards goal achievement.

Objectives:

- Students will view a video of a college student sharing her own story of goal achievement.
- Students will discuss what it means to set goals and work to achieve them.
- Students will create a personal goal map to help them reach a goal they have for their lives.

Discussion Starters or Writing Prompts:

- What is a goal you have for your life?
- What is a goal you have achieved?

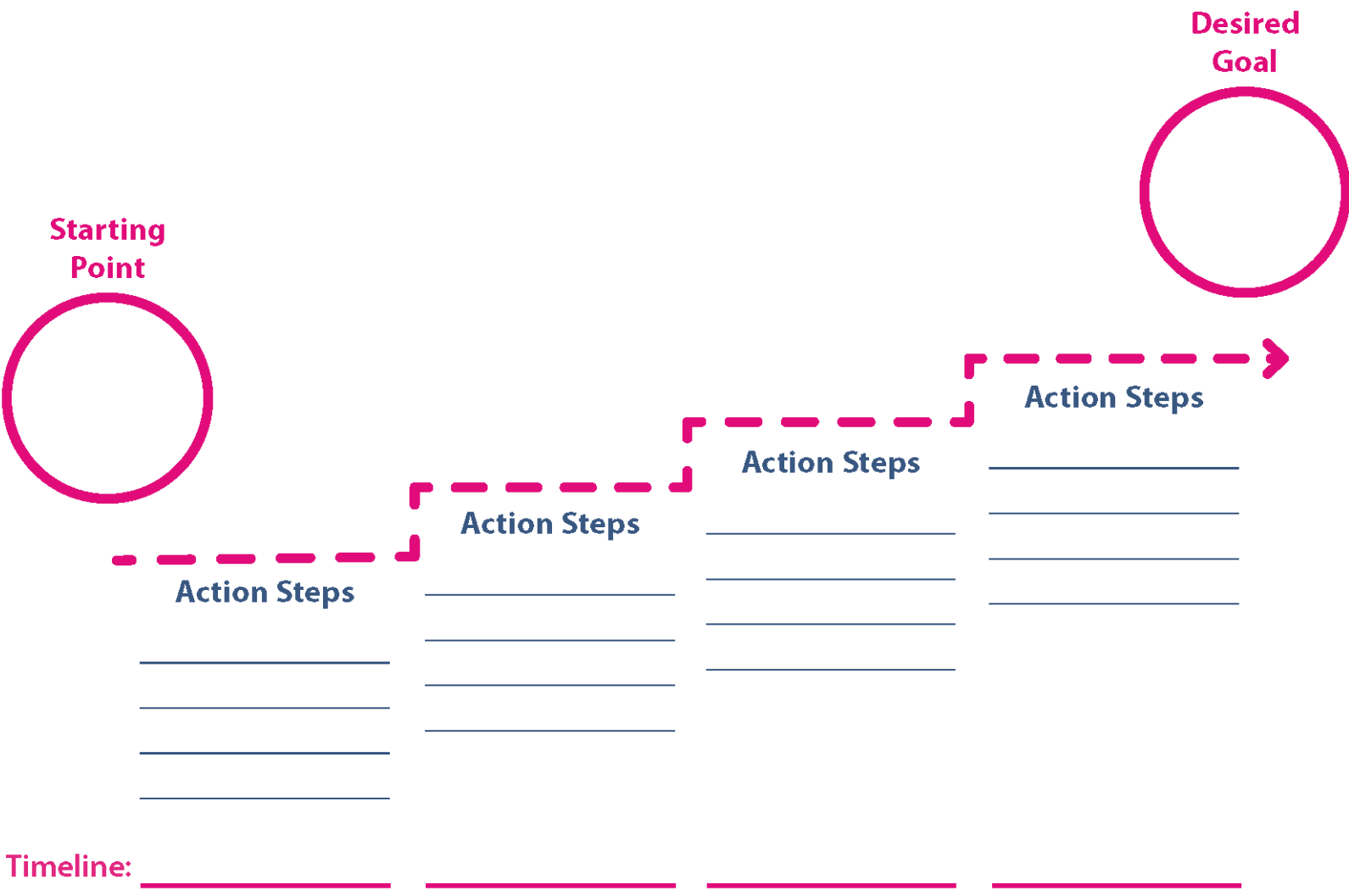
Review Elevator Speech:

- Athletes set goals; they do not just score them. They have to practice and make plans to reach their goals. We will be watching some baseball players at CHARACTER COUNTS!® Day with the Iowa Cubs who are constantly setting goals and striving to meet them.
- We need to have goals to help us know what we want for our lives and the steps we need to take to get there.
- Let's watch a [video clip](#) of a Drake University student telling her story of achieving a goal.
- Discuss with your students the following question: what did you learn about goals from Paige?

Teach the Goal Achievement Process:

- A big part of achieving our goals is determining our starting point (where you are right now) and what you want to achieve (your desired goal).
- Next, it is important to break down your goal into smaller action steps.
 - ◊ Goals are not achieved in one big, easy step.
 - ◊ There are many smaller steps we must first accomplish to achieve our big goal.
- Introduce the goal map tool.
 - ◊ If possible, use examples from the video of how the student broke down her goal into small action steps; how she measured, monitored, and revised her goal; and who supported and challenged her along the way.

GOAL MAP



Checklist

- Is the desired goal specific and can it be measured?
- Is there an honest/accurate assessment of the starting point?
- Have all of the major action steps been identified and broken down into smaller, doable steps?
- Have the roles, workflow, and timeline been worked out?

Measure. Monitor. Revise.

How: _____

When: _____

Support & Challenge

Expertise, Encouragement, Accountability

Who: _____

When: _____

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Group Activity: How to Become a TikTok Star!

1. Have students get in groups of 4 or 5.
2. Each group will fill out one goal map for their entire group.
 - a. Each group has the same desired goal – to become TikTok stars (defined as having 1,000 followers).
 - b. Each group has the same starting point – they have 0 followers.
3. Direct groups to create a Goal Map outlining the action steps needed to become TikTok stars.
4. Groups should also identify who will support and challenge them, and how and when they will measure, monitor, and revise their plan.
5. Groups can decide for themselves how they will become TikTok stars.
 - a. Groups may need to be prodded with questions like, “How will you film your videos? Who is going to do the filming? Who is creating the TikTok account? What is the subject of the video? Is there music in the video? Who is adding music to the video? How will you attract followers?”
 - b. The goal is to get them to break down this big goal into smaller action steps so that they practice using the Goal Map.

Personal Goal Map:

- Time permitting, students should individually create a personal goal map.
- Direct students to come up with a goal (this can be regarding classroom behavior, grades, sports, activities, etc.).
- Then, students should be given time to craft a goal map to help them meet that goal.

Conclusion Writing Prompts:

1. Write one thing you learned about goal achievement today.
2. Write one place you can use a goal map in your own life.

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