

My Goals



Length
20-25 minutes

Inquiry prompts

- How do my goals connect to my future plans?
- Why is it important to write down my goals?

Before you begin

1. Ensure that you are able to log into your student demo account on Xello.
2. Ensure that students are able to log into their accounts and access **My Goals**.
3. Decide whether to take discussion notes with your class via a slide deck and project for students to view, or on a whiteboard in the physical classroom.
4. Create a Xello **Assignment**. This is where students will submit their reflections at the end of the activity.

Teaching strategies

- 1 Write the word "Goals" on either a whiteboard or a slide deck. Ask students to write down a few thoughts that come to mind when they see the word.
- 2 Have a few students share their thoughts with the class.
- 3 Direct your students to open their Xello account and click on **My Goals**. Have them click on **Add a Goal** and watch the 2-minute video **How to Set Goals**. When everyone has watched the video, discuss the following with students:
 - What do you think was one of Dax's steps in learning how to do a cartwheel?
 - What do you think Dax will need to do to work toward her goal of going to the Olympics one day?
- 4 Write down a few goals you have for yourself. Discuss with students why these goals are important to you and ask for ideas for reaching these goals.
- 5 From your demo account, model saving one of your goals. Then have students add at least one of their own goals and fill in the **Why does this goal matter to you?** section. If they need assistance in answering the question, direct them to the **Idea starters** link below the text box for more ideas.
- 6 Once students are finished adding their goals, have them reflect on the following questions in the Xello **Assignment**:
 - Why is it important to write down your goals?
 - How can goals connect to your future plans?

Materials required

- Computers or tablets with Internet access
- Whiteboard and whiteboard markers (optional)

Artifacts

Students:

- save at least 1 goal in **My Goals**
- reflect on the importance of writing down goals in a Xello **Assignment**