

SMART Goals for Success

Academic Rigor and Grit Start Here

Presenter: Linda Weissbrod
School: Rahway High School in Rahway, NJ
E-mail: LWeissbrod@Rahway.net

1



1) The Challenge

- 2) SMART Goals
- 3) Activity
- 4) Next Steps

2

Students need to **plan the path** for their academic success. This session is designed to help attendees **create SMART goals** with their students.

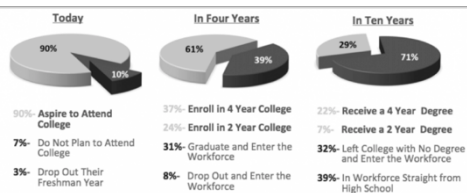
3

Of all high school grade levels, 9th graders have the:

- Lowest GPA
- Most missed classes
- Most misbehavior referrals
- Highest % of failing grades

4

Bleak Outlook for 9th Graders:



5

4 years of high school = 25% of a 9th grader's life by the time they start the year

Everything Counts!

- ✓ Grades count
- ✓ Skills count
- ✓ Good starts count

6



1) The Challenge
2) SMART Goals
 3) Activity
 4) Next Steps

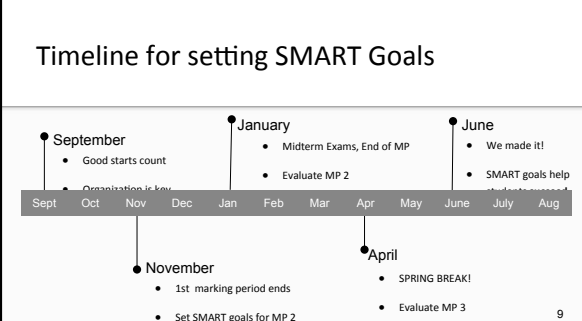
7

What is a SMART Goal?

- 1) Specific: detailed, not general or vague
- 2) Measurable: includes some quantity or measurable element
- 3) Attainable: ambitious but reasonable
- 4) Realistic: state results that can realistically be achieved
- 5) Time-related: specify when result(s) can be achieved

8

Timeline for setting SMART Goals



September: Good starts count, Organization is key

January: Midterm Exams, End of MP, Evaluate MP 2

June: We made it!, SMART goals help

November: 1st marking period ends, Set SMART goals for MP 2

April: SPRING BREAK!, Evaluate MP 3

9

Goals are not enough! Students need:

RIGOR

Adding rigor creates an environment where students are:

- Expected to learn at high levels.
- Supported so they can learn at high levels.
- Cheered on as they demonstrate learning at high levels.

Done right, rigor fills your class with WOW!
 You cannot rise to low expectations!

GRIT

True Grit: The Best Measure of Success
 When psychologist Angela Duckworth studied people in various challenging situations, including National Spelling Bee participants, rookie teachers in tough neighborhoods, and West Point cadets, she found:
 One characteristic emerged as a significant predictor of success. It wasn't IQ or social intelligence. It was grit.
 Grit- perseverance and passion for long-term goals.

10

Is this a SMART Goal?

Jill currently has a "C" in her science class. She has not done any science homework for the past three weeks and rarely participates in class. Her goal is to do well on her next science test.

11



1) The Challenge
 2) SMART Goals
3) Activity
 4) Next Steps

12

Let's do an activity to test this out

How many Smarties can you stack vertically in 1 minute? You may only use one hand!

13

How you will be scored ("measured"):

1. Candy stacks must be standing 5 seconds after the buzzer to count.
2. If the goal is NOT reached, count 5 points for each candy stacked.
3. If the goal IS reached, count 10 points for each candy stacked (up to the goal).
4. Add 5 points for each additional candy stacked (over the goal).

14

Goal: 15 Smarties in a tower	Results: 13 Smarties in a tower
	Calculation: $13 \times 5 = 65$ points
Goal: 15 Smarties in a tower	Results: 18 Smarties in a tower
	Calculation: $18 \times 10 = 180$ points

If your actual performance was UNDER your goal:

Actual performance 10
Score Calculations = actual performance X 5
Score = $10 \times 5 = 50$

If your actual performance is the SAME as your goal:

Actual performance 15
Score Calculations = actual performance X 10
Score = $15 \times 10 = 150$

If your actual performance is the HIGHER than your goal:

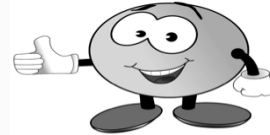
Actual performance 18
Score Calculations = (Goal X 10) + (# of smarties over your goal X 5)
Score = $(15 \times 10) + (3 \times 5) = 150 + 15 = 165$

Once the scoring system is explained, let students know that their mission is to set the highest achievable goal possible. If they don't reach it, they only get 5 points per candy instead of 10.

15

Is this a SMART Goal?

"My goal is to stack 16 Smarties in a tower with one hand in 60 seconds."



16

Here's why:

1. Is this goal Specific? Detailed, not general or vague. (yes, no, not enough info)
2. Is this goal Measurable? Does it contain a quantity or element that can be measured? (yes, no, not enough info)
3. Is this goal Attainable? Ambitious but reasonable; often breaks large goals into smaller pieces. (yes, no, not enough info)
4. Is this goal Realistic? Are you willing and able to do the work necessary? (yes, no, not enough info)

17



- 1) The Challenge
- 2) SMART Goals
- 3) Activity
- 4) Next Steps

18

S.M.A.R.T. Goals

Personal Academic Improvement Plan

Name: _____

Please refer to POWER SCHOOL for your grades and assignments for your Marking Period 1 grades.

You are going to construct s.m.a.r.t. goal(s) - *personal improvement plan* for the next marking period.

A SMART goal is something **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely.

Answer the following questions in **complete sentences** attached to the directions (**this paper**). All answers will be typed and printed out.

Parents and students are to sign the improvement plan.

DO NOT WRITE ON THIS FORM. ONLY STUDENT AND PARENT SIGNATURES.

19

1. What was your most successful academic class? Explain why. (10 pts)
2. What was your least successful academic class? Explain why. (10 points)
3. What are your habits on completing and turning in homework. (5 points)
4. How do you study for tests and quizzes for your class. (5 points)
5. Do you go for extra help when you need it? Why or why not? (5 points)
6. What are your "smart" GOALS for Marking Period 2, answer the following:
 - a) what are your specific goal(s) to improve from marking period 1 to marking period 2 (10 pts)
 - b) How will the goal be measured? Example: by effort, grades, etc (10 points)
 - c) What are, at least 2 things, you are going to do to attain these goals? (10 points)
 - d) How are you going to maintain the goal(s)? Example: weekly updates, daily updates, conference with teacher, etc (10 points)
7. What things must your parent/guardian do to help you reach your goal? (10 pts)
8. What things can I do to help you reach your goal? (10 pts)

- Attach your responses to this page and have the bottom section signed. (5 pts)

(Student Signature) /date _____

(Parent Signature) /date _____

20

Each month, you will choose one habit that you want to improve. We will check-in every week for the first month of school. If you have a "No", your goal is to make it to a "Sometimes". If you have a "Sometimes", your goal is to make it an "Always". Once a goal has been met, you can move on to another habit that you need to improve.

GOOD HABITS FOR ACADEMIC SUCCESS	Today's Date	Check-in date 1	Check-in date 2	Check-in date 3	Check-in date 4							
	Have I met this goal?	Have I met this goal?	Have I met this goal?	Have I met this goal?	Have I met this goal?							
	N	S	A	N	S	A	N	S	A	N	S	A
1. Do I come to school every day?												
2. Do I get to homeroom on time?												
3. Do I come to class prepared?												
4. Do I write down homework assignments in my agenda planner every day?												
5. Do I stick with a class assignment or task until it is done?												
6. Do I ask a teacher or another student for help when I don't understand something?												
7. Do I take part in class discussions or activities?												
8. Do I complete all class assignments and projects?												
9. Do I complete all homework assignments and projects?												
10. Do I always check to see if I have all of my materials?												
11. Do I look at my notes every day in order to review?												
12. Do I have a time and a place to study for each subject?												
13. Do I know where to go for extra help?												
14. Do I get the extra help I need?												

Freshman Year Goal Setting Planner

21

S.M.A.R.T Goals – Personal Improvement Plan

Name: _____

Please refer to POWER SCHOOL for your grades and assignments for your Marking Period 1 grades.

You are going to construct s.m.a.r.t. goal(s) - *personal improvement plan* for the next marking period.

A SMART goal is something Specific, Measurable, Attainable, Realistic, and Timely.

Answer the following questions in **complete sentences** attached to the directions (**this paper**). All answers will be typed and printed out.

PARENTS AND STUDENTS ARE TO SIGN THE IMPROVEMENT PLAN.

DO NOT WRITE ON THIS FORM, ONLY STUDENT AND PARENT SIGNATURES.

1. What was your most successful academic class? Explain why. (10 pts)
2. What was your least successful academic class? Explain why. (10 points)
3. What are your habits on completing and turning in homework. (5 points)
4. How do you study for tests and quizzes for your class. (5 points)
5. Do you go for extra help when you need it? Why or why not? (5 points)
6. What is your "smart" GOALS for Marking Period 2, answer the following:
 - a) What is your *specific goal(s)* to improve from marking period 1 to marking period 2? (10 pts)
 - b) How will the goal be *measured*? Example: by effort, grades, etc (10 points)
 - c) What are, at least 2 things, you are going to do to *attain* these goals? (10 points)
 - d) How are you going to maintain the goal(s)? Example: weekly updates, daily updates, conference with teacher, etc (10 points)
7. What things must your parent/guardian do to help you reach your goal? (10 pts)
8. What things can I do to help you reach your goal? (10 pts)

- Attach your responses to this page and have the bottom section signed.

(Student Signature) /date (10 points)

(Parent or Guardian Signature) /date (10 points)

Each month, you will choose one habit that you want to improve. We will check-in every week for the first month of school. If you have a "no", your goal is to make it to a "Sometimes" If you have a "Sometimes", your goal is to make it an "Always". Once a goal has been met, you can move on to another habit that you need to improve.

	Today's Date		Check-in date 1		Check-in date 2		Check-in date 3		Check-in date 4			
	N	S	A	N	S	A	N	S	A	N	S	A
1. Do I come to school every day?												
2. Do I get to homeroom on time?												
3. Do I come to class prepared?												
4. Do I write down homework assignments in my agenda planner every day?												
5. Do I stick with a class assignment or task until it is done?												
6. Do I ask a teacher or another student for help when I don't understand something?												
7. Do I take part in class discussions or activities?												
8. Do I complete all class assignments and projects?												
9. Do I complete all homework assignments and projects?												
10. Do I always check to see if I have all of my materials?												
11. Do I look at my notes every day in order to review?												
12. Do I have a time and a place to study for each subject?												
13. Do I know where to go for extra help?												
14. Do I get the extra help I need?												

GOOD HABITS FOR ACADEMIC SUCCESS

Freshman Year Goal Setting Planner