



Setting and attaining goals

Czech team



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0. Introduction

This activity can be for one class. All students are divided into groups of 3. They have a discussion time how to set and attain goals.

1. Subject / Skill

Setting and attaining goals.

2. Type of activity

Discussion in groups.

3. Objectives

By the end of the activity learners will be able to discuss different strategies to make sure they achieved their goals every day.

4. Time to develop the activity

The discussion time takes about 45 minutes depending on the number of students.

5. Material

You need some paper and pens.

6. Steps / Procedure

1) Students are divided into groups of 3. Each student will write down their weekly schedule – classes, free time activities etc.

Examples:

Time:	Task	How I can achieve this task
6:30 am	get up for school	set the time / prepare things one day before
8:00 am	classes start	prepare for my lessons
10:50 am	presentation	prepare for the presentation (Food in the UK) etc.

2) They are given time to think about their schedule during the week – how much time

each activity takes and how they can achieve their goals more effectively etc.

3) Then they discuss and share their comments with the group.

4) They should explain how they can make sure that they achieved their goals every day.

5) Finally, all groups make a summary of some useful tips and share it with other groups.