Mentor Pack - Session 2: Goal Setting

Your main goal as a mentor for this session is to challenge your mentees to think about their future by setting goals and monitoring their progress.

Ice Breaker - Projection (10 mins)

- Introduce yourself again and remind your mentors what you talked about last time then introduce them to the first activity:
- Each mentee states their full name and where they see themselves in 5 years time. (For these students they will be just finished school or have finished the previous year, depending on their choice to do transition year)
- You can get things started by stating your own name and where you see yourself in 5 years or alternatively what you would have said when you were their age.

Note: Some students will not have an answer. Encourage them to say something but if they show further reluctance try not to push them too much. Consider coming back to them after everyone else has shared.

- At the end of the activity point out to your mentees about how many people find this a tough question but it is an important one to answer but can be easier by thinking about our goals.
- Point out the importance of having goals in order to be happier and well motivated in school or in many other aspects of life. Feel free to use examples from your own experience or in general.
  “when we play games, goals are very important. i.e putting the ball in the net, making it to the finish line first. The goals are what give the game purpose and make it fun”

- Go through briefly the examples of the 4 types of goals given in their worksheet.
Activity 1 – Strengths/Challenges/Values (10-15 mins)

- The students will be given the worksheets attached. Part one involves them identifying their strengths as a person and a student while part two encourages them to think critically about how they might improve in both of these areas.
- Your job as a mentor here is to encourage the students to fully and honestly engage in the activity. It can help set the tone by giving an example. You could run through your own responses to the worksheet so the students have context.
- Finally ask the students to complete the list of values by ticking their sheet.

Note: There may not be time to have everyone share their responses for each part of the activity. Ask a few students to do so and encourage the group to discuss.

Activity 2 – Setting Goals (15 mins)

- The worksheet for students asks them to set 3 types of goals (short, mid and long-term) and think about steps/obstacles associated with them.
- Give appropriate examples or share your own with the students to give them a starting point. Depending on the length of your session there may not be time to finish this activity.

Note: The important step is to model the process for the students. If you are running out of time, make sure they complete the short term goal and the rest of exercise can be left for them to complete on their own.

The next session will involve a review of their short & mid-term goals and whether they achieved them or not as well as a brief discussion/reminder of their other goals.
Wrap up (2 mins)

Thank the students for a good session and remind them that you will be sharing your goals in the next session and reviewing your success.

Note: It can be helpful if you set yourself a goal that you can share with the students during the next session.
A goal is an objective. Something you wish to achieve. It is something that gives you purpose to work towards.

“The most important thing about goals is having one” - Geoffry F. Abert

What’s the point?

Goal setting is a way for you to actively plan your future. They give you something to aim for in life:

“Dreaming and doing go hand in hand”

There are 4 main types of goals.

**Very long term goal (dream goal):** your ultimate hoped for achievement. It is what you think about when you imagine the best job you could possibly have or the best person you could possibly be. It could be to be a professional sports person or a teacher or even to graduate college.

**Long-term goal:** where you want to be in many months or years from now. These goals are steps towards your dream goal. They could include making it onto a sports team, getting a part in the school play or passing your exams before college.

**Mid-term goal:** things you want to achieve in the next few weeks. These can be very specific such as getting a B on your maths test or having 100% attendance in school that month.

**Short-term goal:** these are very specific and should be easy to measure such as finishing all your homework before a certain time in the evening or paying more attention in today’s classes.
Activity 1 – Strengths/Challenges/Values

In order to set goals you must first identify both your strengths and weaknesses as well as what is most important to you. With your mentors help, fill out the following worksheet.

What are some of your strengths:

As a person:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

As a student:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What are some of your challenges/What do you need to improve:

As a person:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

As a student:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
What is important to you? What do you value most?

Review the list below. Check off the values that are most important to you. Add in any others in the blank space below.

☐ Doing well in school
☐ Making money
☐ Being healthy
☐ Spending time with family
☐ Spending time with friends
☐ Learning new things
☐ Having fun/Playing Games/Having hobbies
☐ Being creative (Playing music/drawing/experimenting)
☐ Exercising/Playing sports
☐ Entertainment (Films/Books)
☐ Being Happy
☐ Having time to yourself
☐ Socialising
☐ Being successful
☐ Working Hard
☐ Other
Activity 2 – Goals

Now that you know what is most important to you, it’s time to set your goals. Knowing your strengths and weaknesses will help you understand what steps you need to take and what challenges you might face in reaching your goals.

With your mentors help, fill in the table below. If you do not get it finished make sure you do it at home before your next mentor session.

**Tips:** Remember all your goals are steps towards your ultimate dream goal. Keep that in mind when setting your other goals.

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<thead>
<tr>
<th>Goal for today</th>
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<tbody>
<tr>
<td><strong>Motivation</strong></td>
<td></td>
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<tr>
<td><strong>Steps to Achieve it</strong></td>
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<tr>
<td><strong>Challenges</strong></td>
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<td>Goal for this week</td>
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<tr>
<td>Motivation</td>
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<td>Steps to Achieve it</td>
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<td>Challenges</td>
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<table>
<thead>
<tr>
<th>Goal for This year</th>
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<tbody>
<tr>
<td>Motivation</td>
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<td>Steps to Achieve it</td>
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