LLRW5. Write Your Goals

Student Name: Student ID Number:

Instructor: Level: Date:

For media links in this activity, visit the LLC ESL Tutoring website for Low Level SDLAs. Find your SDLA number to see all the resources to finish your SDLA.

Section 1: Vocabulary

Quizlet Go to the website and click on the link for the vocabulary. Complete the table.

Goal Vocabulary

Word	Translation	Meaning (in English)	Example Sentence
1. Goal (noun)			
2. Specific (adjective)			
3. Twice (adverb)			
4. High School Diploma (noun)			
5. G.E.D. (noun)			
6. Accomplish (verb)			
7. Measurable (adjective)			

Word	Translation	Meaning (in English)	Example Sentence
8. Drawn (verb)			
9. Achieve (verb)			
10. Value (verb)			
11. Prioritize (verb)			
12. Desires (noun)			
13. Stress (noun)			
14. Focus			

Section 2: What is a goal?

Do you have goals? Do you have plans for the future? Are your plans hard to finish? For example, do you want to go to the next level of your English classes? Or, maybe you want to travel or buy a new car? These are desires. But if you work to make them happen…if you have plans for how to get your desires, then they become goals.

Humans are not able to work on 15 goals at one time. Therefore, we have to look at our values. What is important to us? We use our values to prioritize our goals.

Sometimes goals are influenced by cultural values. Growing up, my family gave me goals for a university education, financial stability, and family loyalty. It wasn't until I traveled to Japan that I started hearing about "good health" as an important goal in life.

In Section 3, prioritize the goals that are listed. If you think of other goals as you are reading, write them down to share with the tutor.

Section 3: Prioritizing Goals

Prioritizing goals means to choose what is **most** important to you. This will help reduce stress because you don't have to be good at everything. You will be able to **focus** on the important parts of your life. Sometimes the important goals get forgotten in the everyday stress.

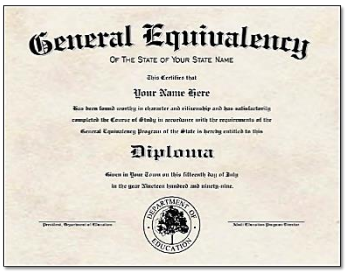
Look at the pictures. Prioritize each goal below. Type "1" for the most important goal. Type "9" for the least important goal to you.

☐ Get a High School Diploma

☐ Eat healthy

☐ Save money

☐ Travel



☐ Get a G.E.D.

☐ Go to the gym

☐ Finish Level 6

☐ Find a job

☐ Get good grades

Section 4: What is a *Good* Goal?

There are 2 important parts of any *good* goal. 1) A good goal needs to be **very specific**. 2) A good goal needs to be **written or drawn**.

Part 1: Specific/Measurable: An example of a specific goal: "My goal is to study 1 new word every day." You know if you accomplish your goal or not because 1 and every day are easy to measure. The plan says **how many words** you want to study and also **how many days** you will study the words.

An example of **not** being a specific goal: "I want to study more vocabulary." How will you know if you succeed at your goal? How will you measure "more"?

Mark if the following goals are specific (measurable) or not specific.

1. I want to learn 5 new words each week. ○Specific ○Not Specific
2. My goal is to speak fluent English. ○Specific ○Not Specific
3. I will read English for 20 minutes 3 times a week. ○Specific ○Not Specific
4. I want to talk to a native English speaker often. ○Specific ○Not Specific
5. I want to be healthy. ○Specific ○Not Specific
6. My goal is to walk for 30 minutes every day. ○Specific ○Not Specific
7. I will fill out and hand in 1 job application this week. ○Specific ○Not Specific
8. My goal is to call my family more often. ○Specific ○Not Specific
9. I want to test drive 2 cars this weekend. ○Specific ○Not Specific

Part 2: Written/Drawn: Science says it is important to write your goals instead of just *thinking* them in your head. Your brain understands something is important when it is written or drawn. This allows your brain to focus and work to achieve your goal. Also, you can put the paper where you can see it frequently. It becomes a reminder of what you value.

Let's write some good goals! Write 2 goals for your English classes!

1.

2.

Next, write 2 goals for outside of school.

1.

2.

Section 5: What Did I Learn?

Complete this table BEFORE meeting with a tutor.

Communication Skill	I can't do this yet.	I can do this with help.	I can do this without help.	I can teach this to a classmate.
I can prioritize my goals.				

Communication Skill	I can't do this yet.	I can do this with help.	I can do this without help.	I can teach this to a classmate.
I can write specific goals that are measurable.				
I understand the importance of writing or drawing goals.				

Here are some words/phrases I need to practice.

Good job!

Now go to the LLC Tutoring Website and make an appointment with a tutor.

Section 6: Practice with a Tutor!

After completing the self- assessment, meet with a tutor and give this completed SDLA to the tutor. You will have a discussion with the tutor about your priorities and goals.

Grading Rubric

Possible Points	Need Practice (0-1 Point)	Good Job (2-3 Points)	Excellent Work (4-5 Points)
Content	More than 4 errors	3-4 errors	0-2 errors
Skill: Writing Correctly	More than 4 errors	3-4 errors	0-2 errors

Possible Points	Need Practice (0-1 Point)	Good Job (2-3 Points)	Excellent Work (4-5 Points)
Fluency: Sentences long and smooth	Missing more than 4 words ☐	Misses 1-3 words ☐	0 words missing. ☐

***Students must receive at least 10 points to move on** **Possible Points:** ☐ **/ 15**

Tutor Comments:

☐ **Congratulations! Keep going.**
You are successful! Choose another SDLA.

☐ **Work on this more.**
Not finished or needs more practice. Try this again.

Tutor Signature: ☐ Date: ☐