**Mentor Pack - Session 6: Goals Check-in**

Your main goal as a mentor for this session is to remind your mentees about the long term goals they set in session 2 and encourage them to continue to engage with them

**Reminder - Projection (10 mins)**

* Remind your mentees about the first activity you did in goal setting. The students imagined themselves in 5 years and ask them if that has changed over the past few months.
* Each mentee states where they saw themselves in 5 years’ time and updates the group if that has changed and why/why not.
* You can get things started by stating where you see yourself in 5 years or alternatively what you would have said when you were their age or how you changed your mind several times.

**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, remind your mentees about the importance of setting short and medium terms goals in order to reach their longer term goals.
* Ask the students to describe the 4 different types of goals you discussed previously. If they cannot remember them all then briefly go through the examples of the 4 types of goals given in their worksheet.

**Activity 1 – Setting Goals (25 mins)**

* The worksheet for students asks them to revisit their goals for the year and think about progress/challenges they have experienced.
* It might be helpful for you to revisit any long term goals you set in the earlier session and update on your progress to help get them started.
* Once each student has filled in their worksheet. Go around the group and have each person share their answers.

**Note:** Some students will have been more engaged with their goals than others. Make sure to maintain a positive attitude within the group when discussing everyone’s progress. If students have not engaged or have experienced challenges, encourage them to discuss possible solutions with the group. It is extremely important to maintain a supportive atmosphere so that each student feels they can discuss their goals. This can be helped by sharing your own challenges with the group.

* Once each student has shared their progress, ask them to fill in the table about their dream goal.
* If there is time, discuss their dream goals and the motivations/steps associated with them.

**Wrap up (2 mins)**

Thank the students for a good session and encourage them to discuss their goals with their parents/guardians this evening when they go home.

**Student Pack - Session 6: Goals Check-in**

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” - Geoffrey 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 – Goals**

Last time we talked about goals you set yourself some goals for the year.

With your mentors help, fill in the table below to check in on your progress.

|  |  |
| --- | --- |
| **Goal for the year** |  |
| **Motivation** |  |
| **Steps you have taken to****Achieve it** |  |
| **Things you have found** **Challenging** |  |

Remember that all your goals are steps towards your really long term “dream goal”. Fill in the table below with your dream goal in mind.

|  |  |
| --- | --- |
| **Dream Goal** |  |
| **Motivation** |  |
| **Steps to** **Achieve it** |  |
| **Challenges** |  |