

# SETTING AND MEETING CLASS GOALS

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# WHAT ARE WE DISCUSSING TODAY?

- What are goals and why are they important
- Breaking down goals into smaller steps to help reach target
- How parents can help their students achieve success in their classes
- Where to get information to help decide what your goals should be





# BRAINSTORM

What does “having a goal” mean to you?

Why are goals important?

# MY DEFINITIONS FOR THIS WORKSHOP

- Goal: a thing that a person wants to do.
- “Long term goal” or “big goal”: a goal that will take several months to reach.
  - For High School students, this will generally be something achieved over the course of a school semester.



What if you don't set goals?

What if you don't figure out a reasonable path to your goals?

What if you don't communicate about goals to people who want you to succeed?



# DEPENDING ON YOUR LUCK, IT COULD LOOK LIKE ONE OF THESE...



Early 2023



<https://www.joangarry.com/strategic-planning-nonprofits-just/>



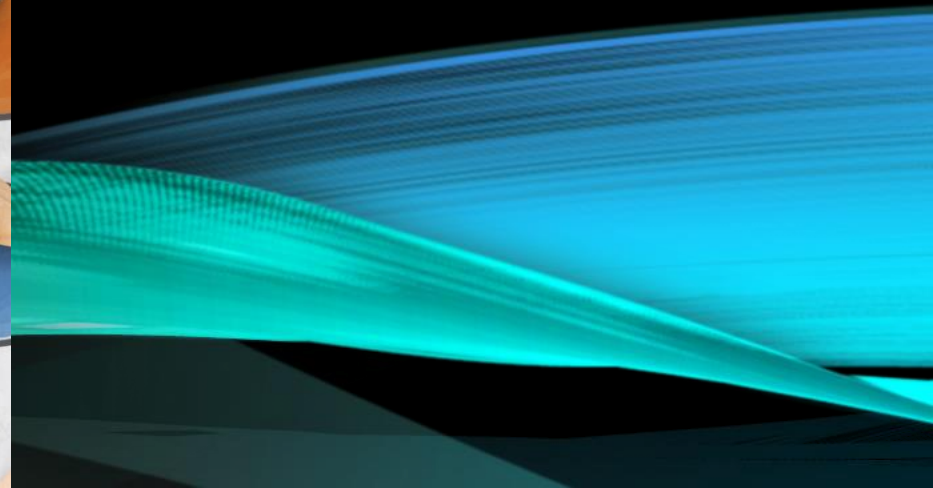
<https://www.snopes.com/fact-check/moose-pool-car-fire-photo/>





# BRAINSTORM

Why break down goals into smaller steps (tasks)?



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# How to draw an Owl.

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*"A fun and creative guide for beginners"*

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WE WANT TO  
AVOID THIS  
SITUATION...



Fig 1. Draw two circles

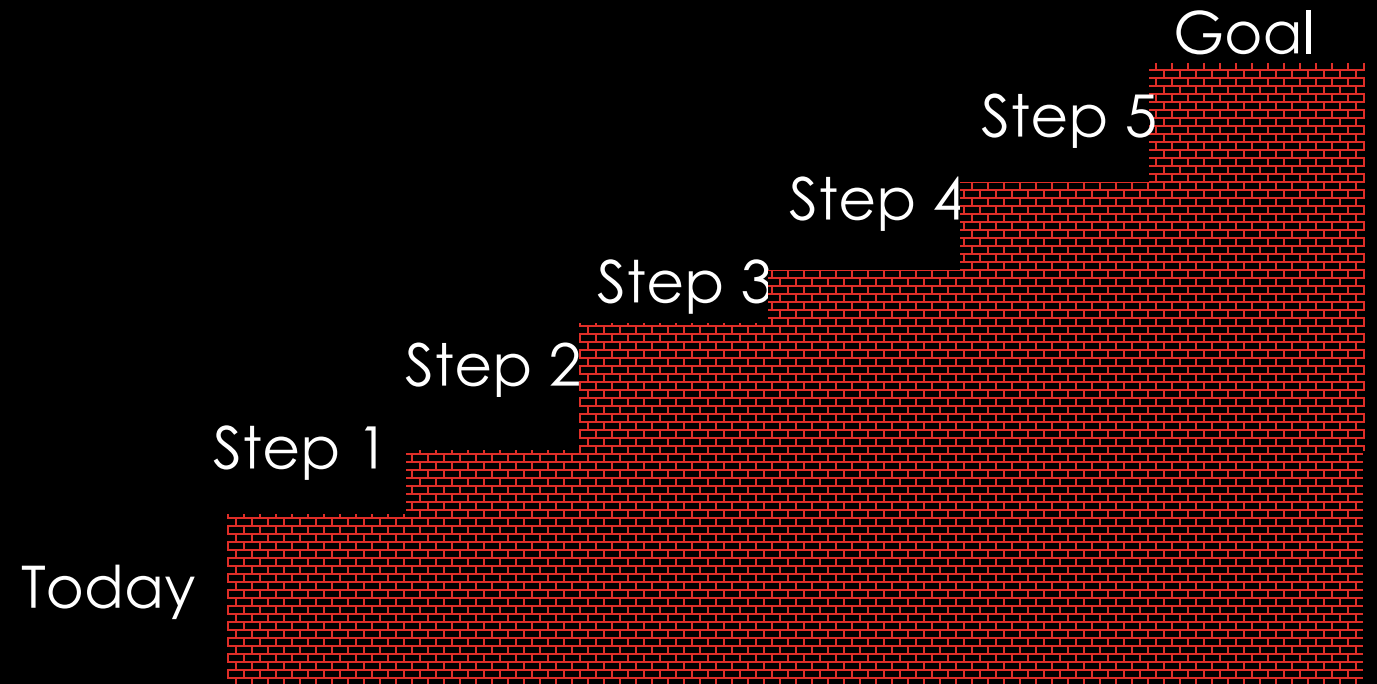
Fig 2. Draw the rest of  
the owl



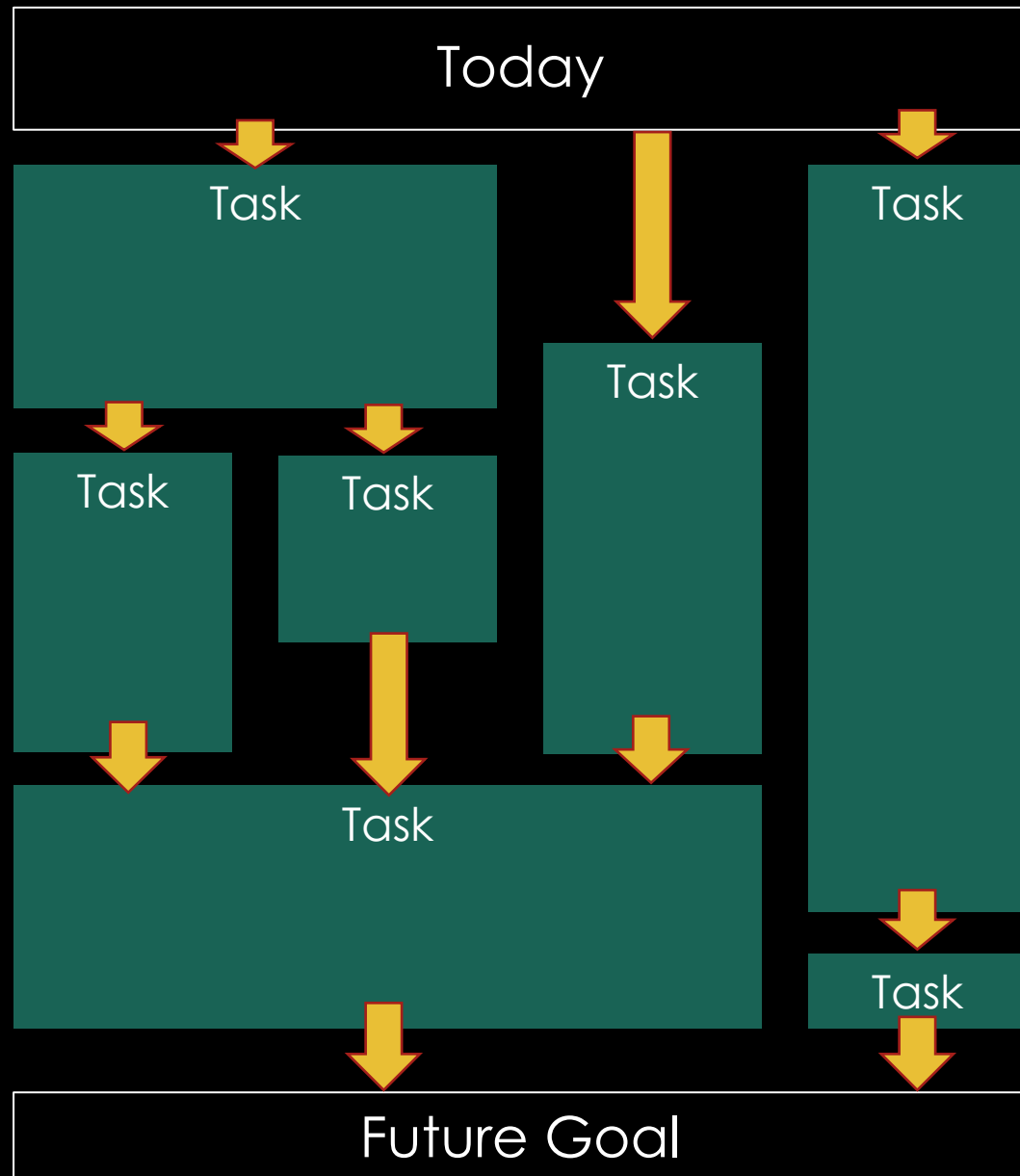
# BREAK GOALS DOWN INTO SMALLER MILESTONES TO HELP REACH TARGETS

No break down

Broken down into steps or tasks



Some goals are not simple, but can still be broken down



WILL I USE THIS AFTER SCHOOL?

WHAT GOAL SETTING CAN LOOK LIKE  
OUTSIDE THE CLASSROOM?







# FIGURING OUT YOUR CLASS (LONG-TERM) GOALS

# FOR OUR ACTIVITY, THINK ABOUT:

- List all the courses you are currently taking.
- Decide on ONE course you want to work on today
- Determine your big goal(s) for the class.
  - a. Break down the big goal(s) into three tiers: minimum goal, happy goal, super happy goal
  - b. Determine steps or tasks you can do to help you reach these big goals

Class	Minimum goal	Happy Goal	Super Happy Goal
English 20	Get same grade as in English 10	Improve grade by 8%	Improve grade by over 15%
Chemistry 20	Get same grade as the chem unit in Science 10	Improve grade by 8%	Improve grade by over 15%

Example of tasks to help reach the goals:

English: Finish a draft of all essays at least 2 days before due date to allow for editing the next day.

Chemistry: Complete all textbook questions for the chapter, even those not assigned

Both: Find some practice tests for the course. Write the practice test ~2 weeks before class final.

Good to know: practice tests available to people with a library card.

Go to <https://sheepriverlibrary.ca/eResources> and scroll down to "Solaro."





# BRAINSTORM

What do you think makes a good goal or task?

# SMART and WOOP

Help set yourself up for success by thinking about SMART and WOOP for your goals and tasks

<b>Specific</b>	<b>What do you want to achieve?</b>	Complete online sample questions for each unit in SOLARO and review errors and guesses.
<b>Measurable</b>	<b>How will you measure success?</b>	Did I complete the task? Did I determine what I didn't know based on the wrong answers and guesses?
<b>Achievable</b>	<b>Is this task/goal possible? What could stop you from completing it?</b>	Yes. Sometimes it will be difficult because the test will be on a Friday, and I will have to learn things before they are covered in class.
<b>Relevant</b>	<b>Will this task help you to achieve my overall goal?</b>	Doing practice activities with feedback will let me make and correct mistakes before I have to do the work for grades
<b>Time-bounded</b>	<b>Do you know when you need to do this by?</b>	Do each one the weekend before the unit tests + final exam

More on SMART goals: <https://www.developgoodhabits.com/smartgoals/>



# SMART and WOOP

Help set yourself up for success by thinking about SMART and WOOP for your goals and tasks

<b>Wish</b>	<b>What do you want to achieve?</b>	I want to have an outline of my essay completed at least 4 days before the essay is due
<b>Outcome</b>	<b>What will success mean?</b>	If I finish the essay that far ahead, I will be able to write a better essay with less stress well before the assignment is due. I want to finish the essay early because...?
<b>Obstacle(s)</b>	<b>What thing(s) could get in the way of your wish?</b>	I get distracted by social media when doing homework
<b>Plan</b>	<b>How will you deal with the obstacle(s) to achieve your wish?</b>	<b>IF</b> I know that I will be distracted by social media when drafting my essay <b>THEN</b> I should either disconnect my computer from the internet or hand-write my outline

More on WOOP goals:

<https://www.developgoodhabits.com/woop-goal-setting/>



# ACTIVITY!

- List all the courses you are currently taking.
- Decide on ONE course you want to work on today
- Determine your big goal(s) for the class.
  - a. Break down the big goal(s) into three tiers: minimum goal, happy goal, super happy goal
  - b. Determine steps or tasks you can do to help you reach these big goals

# REMEMBER: GOALS ARE NOT SET IN STONE!

Be flexible!!!! Expect to re-evaluate your goals over time.

- Are the goals still reasonable?
- Are they still what you want to achieve?
- Did you underestimate your abilities?
- Are other things now more important?

My experience with Chem 363 (Organic Chemistry) at University of Alberta: how did I adapt my goals?




# STUDENT BREAK TIME! PARENTS STAY!

After the break: finding  
information to help decide  
what your goals should be

# HOW PARENTS CAN HELP THEIR STUDENTS ACHIEVE SUCCESS IN THEIR CLASSES

- Study environment
  - Quiet (noise-cancelling headphones?), distraction free.
  - Stable: when will what space be available?
- Incentives
  - Pick something that your student would *like* to have but doesn't *need*.  
(Rewards for outcomes vs rewards for effort.)
- Help by recognizing reasonable and unreasonable goals
- Evaluate your own definition of what it means for your student to be successful
- Communication and support!





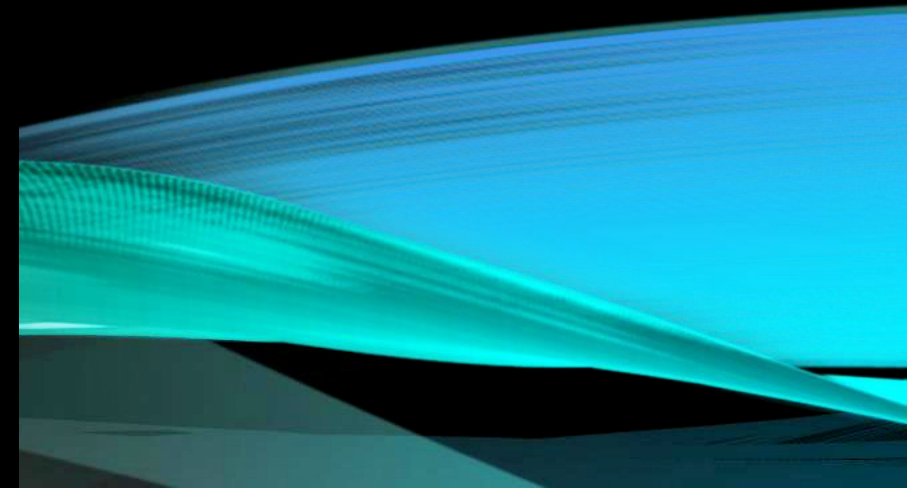
# STUDENT & PARENT BREAK TIME!

After the break: finding  
information to help decide  
what your goals should be



# BRAINSTORM

What are some things to consider when you decide what your life goals should be?





# CAREER INFORMATION

<https://www.jobbank.gc.ca/trend-analysis>





# Job Bank

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Choose a career

School to Work Transition Tool

Career Quizzes

Job Profiles

Skills Checklist

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Labour market

## Explore the market

By occupation ▾

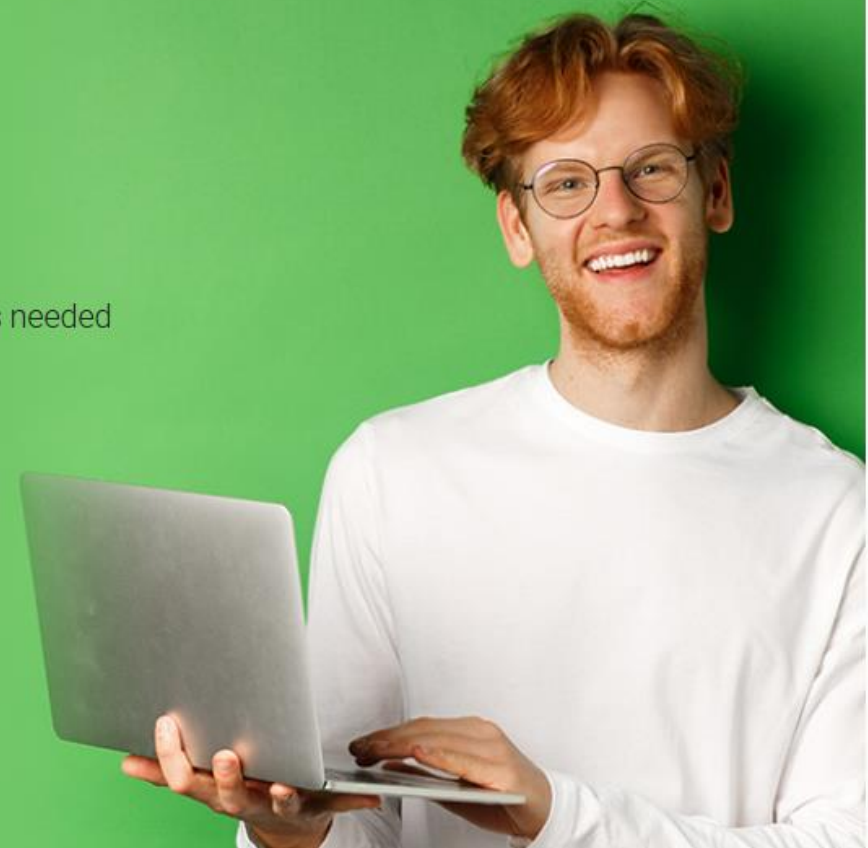
Learn more about an occupation you are interested in: wages, outlooks, education, skills needed and so much more.

Job title

Location

City, province or territory

Search



# Ability Quiz Results

[Back to quizzes](#)

[View all results](#)

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Find out about your key aptitudes and see what types of job you are more likely to be good at based on your current skill set.



## Verbal ability

Ability to understand the meaning of words and the ideas associated with them, and to use them effectively; to comprehend language, to understand relationships between words and to understand the meaning of whole sentences and paragraphs; to present information or ideas clearly.



## General learning ability

Ability to "catch on" or understand instructions and underlying principles; to reason and make judgments.



## Form perception

Ability to perceive pertinent detail in objects and in pictorial and graphic material; to make visual comparisons and discriminations and to see slight differences in shapes and shadings of figures and widths and lengths of lines.

## Occupations matching your abilities

Any level

No formal schooling **N**

High school or short course **H**

College or apprenticeship **C**

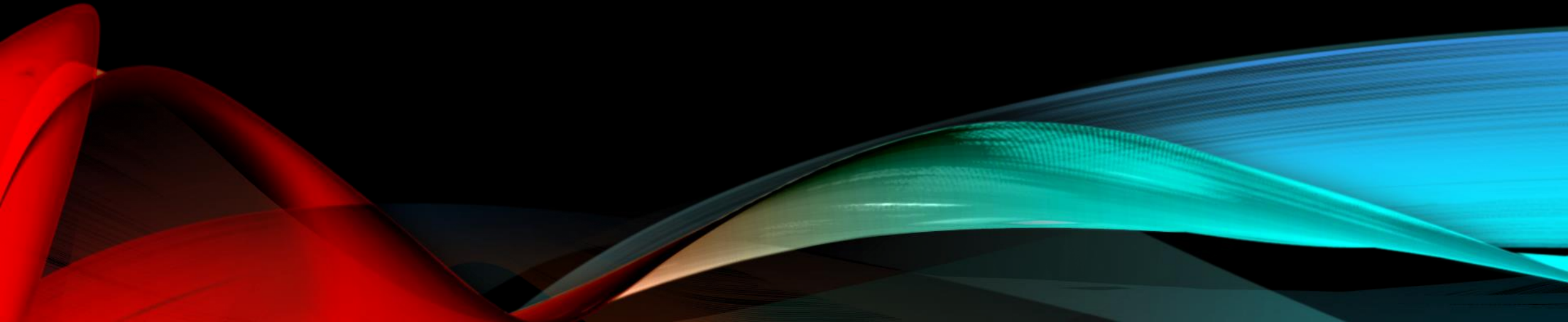
University **U**

	Occupations	Level of education:
89%	<a href="#">Forestry professionals</a>	<b>U</b>
89%	<a href="#">Lawyers and Quebec notaries</a>	<b>U</b>
86%	<a href="#">Agricultural representatives, consultants and specialists</a>	<b>U</b>
86%	<a href="#">Architectural technologists and technicians</a>	<b>C</b>
86%	<a href="#">Arrangers</a>	<b>C U</b>
86%	<a href="#">Chemical technicians</a>	<b>C</b>
86%	<a href="#">Chemical technologists</a>	<b>C</b>
86%	<a href="#">Classified advertising clerks</a>	<b>H C</b>
86%	<a href="#">Community health nurses</a>	<b>C U</b>
86%	<a href="#">Community pharmacists and hospital pharmacists</a>	<b>U</b>
86%	<a href="#">Composers</a>	<b>C U</b>
86%	<a href="#">Curators</a>	<b>U</b>



# WHAT OTHER INFORMATION DO THEY HAVE ABOUT POSSIBLE JOBS?

Access this information either by clicking on job titles shown after a quiz, or...





# Job Bank

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Labour market information

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Job title

agri

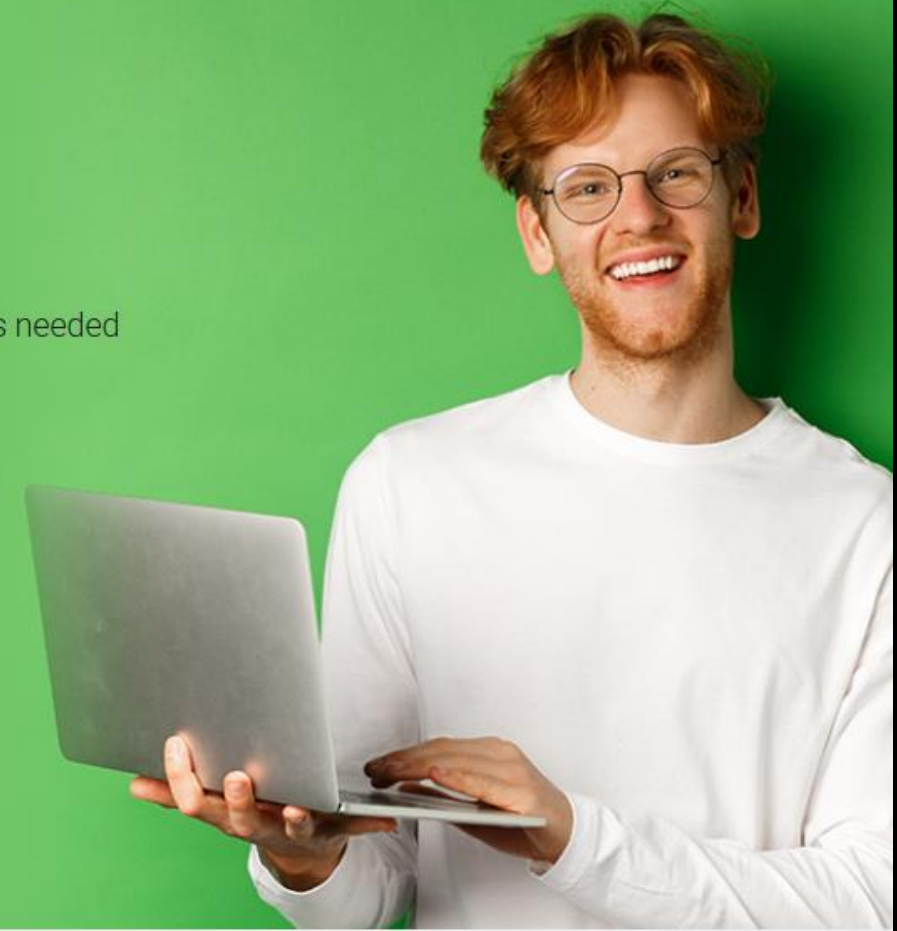
**agriculturist** (21112)

**agricultural advisor** (21112)

**agricultural chemist** (21101)

**agricultural engineer** (21399)

**agricultural scientist** (21110)



Find key facts and figures about working as an architectural design technician. The following information is applicable to all Architectural technologists and technicians (NOC 22210).

☰ Summary   Description   \$ Wages   📈 Prospects   📄 Jobs   ☑ Requirements   ☰ Skills   🔍 Search

Note that some information in this job profile is based on the 2016 version of the NOC.

### ☰ Description

Architectural technologists and technicians may work independently or provide technical assistance to professional architects and civil design engineers in conducting research, preparing drawings, architectural models, specifications and contracts and in supervising construction projects. They are employed by architectural and construction firms, and governments.

[Learn more >](#)

### 📈 Prospects

#### Varies

The job prospects vary across Canada depending on the province or territory.

[View prospects >](#)

Clicking on either of these will take you to the same place.

“Prospects” tells you how likely you are to get this type of job on a province-by-province basis.

This is the overview. Navigate using the tabs, or by clicking on each section. (More section overviews found by scrolling down.)



# After scrolling down...

The screenshot shows a job requirements page with several sections. On the left, there is a 'Requirements' section with a checked box, a 'College or apprenticeship' section with a paragraph of text and a 'View job requirements' button, and a 'Wages' section with a dollar sign icon, '\$30.00/hour' in large text, 'Median wage in Canada' below it, and a 'View wages' button. On the right, there is a 'JOBS' section with '87 jobs' in large text, 'Advertised in Canada' below it, and a 'View available jobs' button. Below that is a 'Skills' section with a list of five skills and a 'View skills' button. Green arrows point from external text to the 'View job requirements' button, the 'View wages' button, the '87 jobs' text, and the 'View available jobs' button.

This number is incomplete!

It only includes job postings that the Canadian government is aware of.

There are LOTS of places where jobs are posted that the government can't or doesn't track

What type of education or certification do you need to work in this profession?

Want to know what these people get paid across Canada? In different provinces? Click here to find out!

# WHAT CAN I DO WITH THIS TYPE OF EDUCATION?

- What if you already know what type of post-secondary program you want to do? What can you do with that education?
- <https://www.jobbank.gc.ca/career-planning/school-work-transition>



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School to Work Transition Tool

# Plan your transition from school to work

Not sure what to study? Are you debating between aeronautics and cybersecurity, or game design and mechanical engineering, or maybe radiology and forensic chemistry? Use the School to Work Transition Tool to find what jobs graduates have and how much they earn. Make informed choices about your education and get the job you want.

## Education program

Example: Civil engineering

### Select the level of study

Trades  Diploma  Bachelor's  Master's  Medical

Search

## Choose a career

 [School to Work Transition Tool](#)

 [Career Quizzes](#)

 [Job Profiles](#)

 [Job Transition Tool](#)

 [Skills and Knowledge Checklist](#)



OTHER TRADES CERTIFICATE OR DIPLOMA

# Electrician

Find key facts and figures about people who graduated in Electrician (46.0302) and available program options in this field. This information is applicable to all programs found under Electrical and Power Transmission Installers.

Trades

Diploma

Bachelor's

Medical

Master's


Search

## What jobs do graduates have?

### Electricians (except industrial and power system)

 % of graduates  
43.53%

 National salary per hour  
\$19.00      \$34.00      \$47.38  
Low                  Median                  High


 Job postings published on Job Bank from 2021 to 2023  
14,884

[Learn more](#)

### Contractors and supervisors, electrical trades and telecommunications occupations

 % of graduates  
9.62%

 National salary per hour  
\$28.27      \$40.50      \$56.07  
Low                  Median                  High

 Job postings published on Job Bank from 2021 to 2023  
851

[Learn more](#)



## Where can I study?

To find information about post-secondary education programs at CEGEPs, colleges and universities across Canada:

[Canadian Postsecondary Information Collection](#)

For information about other types of learning, training and upskilling opportunities:

[Why skills training is important](#)

# Program Search

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## Introduction

Get detailed profiles, requirements, application and admission information for programs of study at Canadian CEGEPs, colleges and universities.

Enter your search word(s) to get a list of matching programs. Limit your results by selecting from the options below.

Please spell out acronyms. For example, use "Master of Business Administration" instead of "MBA". For more search tips see the [Help section](#).

Please note that the information provided by this tool is available only in the language in which it was provided on the postsecondary institution's Web site.

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## Keyword Search

### Search for

### Search Type

- <https://tools.canlearn.ca/cslgs-scpse/cln-cln/rep-fit/p/af.p.clsea-eng.do>

# WHAT GRADES DO I NEED?

Use Google or another search engine and search for “admission requirements” at the schools you want to attend

Largest Calgary-based post-secondary institutions:

- University of Calgary: <https://www.ucalgary.ca/future-students/undergraduate/requirements>
- Mount Royal: <https://www.mtroyal.ca/Admission/AdmissionRequirements/index.htm>
- SAIT: <https://www.sait.ca/admissions>
- Bow Valley College: <https://bowvalleycollege.ca/admissions>
- Alberta University of the Arts: <https://www.auarts.ca/future-students/how-to-apply>

There are many, many others!



# MORE INFORMATION

- <https://www.vu.edu.au/about-vu/news-events/study-space/how-to-make-an-effective-study-plan>
- <https://www.youtube.com/watch?v=qRE0WicGz4I> Start watching around 1:10.
- <https://www.stetson.edu/administration/academic-success/media/STUDY%20SCHEDULE.pdf>
- <https://www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-adults-18-64-years.html> Health Canada Physical Activity Guidelines



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<https://theunrestrictedlibrarian.com/contact/>

This year's slides will be posted at  
[theunrestrictedlibrarian.com](https://theunrestrictedlibrarian.com)