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**Topic Focus
*Why should we set goals and break them down into smaller steps?***

By setting a goal, students help themselves focus, have a clear direction, and maintain momentum in their tasks. When we have a big goal to achieve, we can break it down into smaller action steps, or micro-goals, to make it more manageable. The action steps are easier to achieve and help build confidence and momentum.

**Discussion Starters**
Consider starting the discussion by asking:

* Why did you decide to take this course?
* What is a goal you would like to set for yourself to be successful in this course?
* Now that you have a goal, what are some action steps you could take that will help you achieve that goal?
	+ Possible action steps:
		- Setting up a schedule in your planner
		- Setting aside time to study
		- Self-care

**Next Steps**

To prepare for next week, ask students to:

* Find a safe place to keep their My Goal handout.
* Bring back their My Goal handout for Week 3.
* Refer to their goals throughout the semester.
* Bring their course syllabus, planner, and device to the next meeting.

**Discussion Questions**

To guide this week’s discussion, consider asking some of the following questions:

* What could you do to make your goal more manageable?
* Which action step could you start with?
* What else do you have going on this semester that might make it harder to achieve your goal?
* Who is someone who could assist you with your concurrent enrollment course?

**Week 1: Relationship Building and Goal Setting**

Notes

Student Name:

Course: