

Topic Focus

Concurrent

ENROLLMENT

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 .

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?

Student Name:

Course:

Notes

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.