

Facilitator Guide

Class 5: Creating Goals



Class 5

Creating Goals











Objectives

- Write self driven goals that lead to a self driven life
- Identify and plan who can help achieve these goals

Materials Needed

- Student workbooks (electronic or hard copy depending on the student's need)



Icon Legend		Allow extra time for people who use augmentative communication		Walk around and make sure participants are prepared to share. Provide support if needed
		Encourage participants to speak for themselves, but utilize support from a peer or support person as needed for success		Use speech to text technology (and other Assistive Technology) as needed for writing
		Read the slide out loud		Provide support to share answers and ideas
		Project the discussion questions on the slide show for all to read and leave them up during the discussion		Give the choice to write or draw
		Make sure there is someone available to scribe for those who need support writing		Use a scaffolding structure*

Class 5

Creating Goals

Slide #2

Time Estimation: 10 min

Ask participants to open their workbook to the big idea page from last week. Ask them to review what they wrote and share with people at their table.



**Recap:
Last Week's
Big Ideas**

Open your workbook to the big ideas you wanted to remember from last week.

Take a moment to reflect and talk to those around you.

2 ● speakup

The slide features a lightbulb icon at the top right, a large lightbulb image on a purple and blue background, and several colorful circles (purple, blue, yellow, orange) with icons of a lightbulb and a ladder.

Slide #3

Time Estimation: 10 min

Share with participants that they will be looking to create personal goals during class today. Let them know that they will be writing 3 goals and creating a personal vision board.

Let them know that they are going to watch a short video where a woman shares some of her interests and desires. Ask them to think about what this woman's goals might be.



**Creating
Personal Goals**

Listen and consider what her goals might be.

Video Link: <https://youtu.be/wWmmu@88oGc>

3 ● speakup

The slide features a video player showing a woman in a red hoodie smiling. A clock icon is located in the bottom right corner.

Class 5

Creating Goals

Slide #4

Time Estimation: 10 min

After the video, ask participants to talk at their table about what this woman's goals might be.

Ask them to share whole group.

At your table, discuss the following:

Based on what you heard, what might her goals be?

4 speakup

Slide #5

Time Estimation: 10 min

Participants will now spend some time talking with each other about their past experiences in setting goals.

Read the questions on slide 5 out loud and have them talk as a whole group or in small groups.

Creating New Goals

In your groups, please discuss the following:

- Have you ever set goals?
- If so, what goals have you created, and how did it go?
- If you have not set goals, have you ever thought there is something you wanted? Did you take any actions to get what you wanted?
- Why would it be useful to set goals?
- If you set goals, what do you need to accomplish them?

5 speakup

Class 5

Creating Goals

Slide #6

Time Estimation: 5 min

Share Ashley's goals. Let them know that these goals are personal to them and should be about creating the life they want.

Ashley's Goals

- Spend more time with my dad
- Start a disability advocacy YouTube channel
- Take a dance class

6 speakup

Slide #7

Time Estimation: 15 min

Share slide 7 and talk about how goals can be from many different areas of our life.

Read and talk about all of the different areas that are listed on slide 7.

Ask participants if they have any questions.

Ask them to write 3 goals in their workbook (on page 23) that they have for themselves.

Brainstorm

In your workbook, write 3 new goals. They can be in the following areas:

- Connections (family & friends)
- Fun
- Getting Healthy (food & exercise)
- Transportation
- Community Engagement (activities to do in the community)
- Career (making money)
- Giving Back (volunteering)
- Education
- Your Living Arrangements
- Spirituality

7 speakup

Class 5

Creating Goals

Slide #8

Time Estimation: 10 min

Ask participants to share their goals with the people around them.



Slide #9

Time Estimation: 5 min

Ask participants if they have ever made a vision board or seen a vision board.

Share that a vision board is a way of making your goals come to life with the use of pictures and it is a way to stay focused on achieving what you want.

Let them know they will be creating a vision board using their computer or materials that the facilitator has brought.



Class 5

Creating Goals

Slide #10

Time Estimation: 35 min

Give detailed directions on how to create their vision board. These directions will change based on whether you will be doing the vision board using hands on materials or if you are using the computer.

Directions for using Google Slides have been provided.

Let them know they have 30 minutes to create their vision board. Make sure to help as needed.

Slide #11

Time Estimation: 10 min

Ask them to share their vision boards. Let them know they can put this up in their home somewhere they can see it everyday. This can help them to stay focused and excited about their dreams.

Slide #12

Time Estimation: 5 min

Ask them to talk about key ideas that were discussed today and record them in their workbook. Let them know they can write anything they want to remember

Creating a Vision Board Using Google Slides

1. Take a look at your goals
2. Think of a couple of pictures that might represent your goal
3. Start a slideshow in your google drive
4. Title is your name and Goals
5. Go to Google and type in the name of the picture that you might want to choose to represent your goal
6. Click on images
7. Choose your picture
8. Right click on that picture and choose copy image
9. Go to your slide show and paste your image into a google slide
10. Do this for every goal you have
11. You can make one slide per goal or put all of your images on one slide-- your choice
12. Write at least one word to describe and inspire you for each picture

10 



Share Your Goals and Dream Boards with your Table:

Please give comments and suggestions to your tablemates as they share. Take notes as you listen.



11 



Big Ideas From Today

What Do I Want to Remember?

Write at least three big ideas in your workbook.

Add details that will help you remember important information.

12 



