



CORBIN & ASSOCIATES, INC.

Corbin & Associates, Inc.
Lesson Plan of the Month
(July 2000)

Topic: Goal Setting

Target Group: Middle School

Prepared By: Donald Fernald

Agency: West Covina P. D.

Address: 1444 W. Garvey Ave.

Phone: (626) 814-8587

West Covina, CA 91790

Objectives:

The student will be able to:

Define the term goal

Explain the difference between short-term and long-term goals

Give two examples of short-term goals

Give two examples of long-term goals

Introduction:

Good morning/afternoon, I'm Corporal Don Fernald, of the West Covina Police Department. I have worked for the West Covina Police Department for 23 years. I graduated from DARE school and GREAT school. Today we are going to talk about goal setting. State lesson objectives.

Body:

I. Role Play

A. Role play job interview with three students. Select three students and have them select a job they would like to have ten years down the road.

1. Interview each student asking the following questions.

- a. What have you done to prepare yourself for the position?
- b. If you are hired by this company where do you see yourself in ten years with this company?
- c. Why should this company hire you?

II. Ask the class the following questions

- A. If you were the boss would you hire this person?
- B. Did the person show direction in life?
- C. Did the person show they were setting goals and thinking ahead?

III. Definition of Goal

- A. Ask students to provide their definition of the term "goal"
 1. A goal is an objective that we work towards

IV. Short-term Goals

- A. Ask students for their definition of short-term goals
 1. These are goals that one meets in hours, days, weeks and up to twelve months
- B. Ask students for examples of short-term goals
 1. Be on time for school for a month
 2. Complete homework on time for the semester
 3. Save \$20.00 to buy a CD

V. Long-Term Goals

- A. Ask students for their definition of long-term goals
 1. These are goals that you set that take over twelve months to reach
- B. Ask students for examples of long-term goals
 1. Graduate from high school, college

2. To become a police officer or fireman
3. To become a doctor or nurse

VI. What Can Hamper Meeting Your Goals

- A. Ask students for examples

VII. What Can Help You Meet Your Goals

- A. Ask students for examples

Review:

A. Today we:

1. Defined the term goal - "a goal is an objective that we work towards"
2. We discussed the difference between short-term goals - hours, days, week under twelve months and long-term goals over twelve months
3. We discussed examples of short-term goals
4. We discussed examples of long-term goals

B. Test Objectives

1. Who can tell me the definition of "goal"?
2. Who can tell me the difference between short-term and long-term goals?
3. Who can give me two examples of short-term goals?
4. Who can give me two examples of long-term goals?

Documentation And/Or Sources:

East San Gabriel Valley ROP-Law

Enforcement Career Development Program

The DARE and GREAT Programs

Corbin & Associates, Inc.
National Training Corporation
4222 Old Dominion Rd.
Orlando, FL 32812
Phone # (407) 851-5058
Fax # (407) 855-8962
E-Mail: sroinfo@aol.com
Web Site: <http://www.sroinfo.com>