

## My Post-Midterm Self (Lesson Plan)

- Purpose:**
- 1) To ensure continued motivation of students in order to complete the course successfully.
  - 2) To assist students in their personal journey towards achieving an academic end.
  - 3) To encourage student responsibility and class participation.
- Description:** This is an assignment whereby students can focus on what keeps them motivated towards completing the course successfully.
- Objective:** Finding out what self-defeating behaviors inhibit student success, taking steps to counter those behaviors, and to energize students for the second half of the semester.
- Materials:**
1. Handout 1: How to Achieve a Personal Goal.
  2. Marker/Chalk or Markerboard/Chalkboard to make an outline or plan for the students.
- Total Time:** Procedure 1: 20-25 minutes. Procedure 3 and 4: 20-30 minutes.
- Semester timing:** After midterms.
- Procedure:**
1. Conduct a frank discussion with students after the midterms that many students begin to lose energy and to drop out of their classes. Remind them to re-focus their energy on succeeding by making a personal life goal that coincides with completing the class.
  2. Give out Handout 1: How to Achieve a Personal Goal, and have students fill it out and return with it the next class.
  3. Divide class into small discussion groups to discuss about self-defeating behaviors and how to counter these behaviors. Have the students share their answers in small groups, and then open the discussion up to the class. Make sure students explain to each other the reasons why they answered. Compare and contrast their answers. The class will realize that much of them are in the same boat. Students will begin to give input to each other about what worked and what did not work.
- Assessment:** See how many students are left in the class towards the end of the semester, and compare this with another class that did not do this sort of activity before. Check if this has helped improve class retention in any significant way. Check Handout 2 to see if students are motivated at all by this activity.
- Resources:** Skip Downing, *On Course: Strategies for Creating Success in College and in Life* (Wadsworth , Cengage Learning, 2011)

## How to Achieve a Personal Goal

- 1) What are my post-midterm goals (ex. Pass the course, learn a particular subject, earn an A)?
  - a.
  - b.
  - c.
- 2) What steps will I take during the rest of the semester in order to achieve goals?
  - a.
  - b.
  - c.
- 3) What behaviors prevent me from achieving my goal (ex. procrastinating, going to parties, tardiness)?
  - a.
  - b.
  - c.
- 4) Which of the above behaviors do I choose to change?
- 5) Which positive qualities do I possess to help me achieve my goals?