

Goals You Want to Achieve (DAPPS) – Lesson Plan

Dated • Achievable • Personal • Positive • Specific Goals

Purpose: To offer students the means of creating the stepping stones of long and short term goals for achieving their dreams.

Description: Students will learn the five qualities of effective goals. Goals must be **Dated, Achievable, Personal, Positive, and Specific**. Writing effective goals will be an important skill for completing the My Life Plan Activity.

Objective: Students will be able to write goals that follow the DAPPS rule of effective goals and be able to apply them to the My Life Plan, or any other situation in life involving long and short-term goals.

Materials: Copies of the form "Goals you want to achieve by taking this class" (attached).

Total time: Approximately 20 minutes

Procedure/Directions:

1. **Explain the following to the class:** (approximately 5 minutes) Effective goals need five qualities. DAPPS is an acronym for remembering the five qualities for effective goals of Dated, Achievable, Personal, Positive and Specific.

Dated: Effective goals have specific deadlines. Short-term goals have deadlines of a few months. A long-term goal has a deadline of a year or more on up to 10 years.

Achievable: Effective goals can realistically be achieved within the deadline. It is unrealistic, for example, to say you will graduate from El Camino College in two years with a transfer major in Chemical Engineering if your math placement test places you in Math 23. Realistically, it may take longer unless you take summer and winter classes.

Personal: Effective goals belong personally to you, not to your parents, your sweetheart, or anyone else. It is wonderful to be able to take over the family business, if that really is your personal goal but don't sacrifice your dreams for another's.

Positive: Translate any negative words like won't, can't, don't, stop, or quit into positive goals that focus your energy on what you will do. Rather than, "I'm going stop being late to class" say instead, "I will be on time to all of my classes every day this week."

Specific: Effective goals state outcomes in specific measurable terms. If you aren't specific, you can fool yourself into thinking you did better in school, or that you were more motivated. Hence, it is better to say "I will earn at least a 3.5 GPA this semester" or "Every time I get discouraged, I will visualize myself on graduation day."

Here are examples:

Not DAPPS: I will stop being tardy

DAPPS: I will arrive to each of my classes on time this semester beginning today.

2. For this exercise, have student first work independently to complete the worksheet for *Goals you want to achieve by taking this class*. (approximately 5 minutes)
3. Have students partner-up to assess each others goals for each of the five DAPPS qualities that characterize effective goals. (approximately 5 minutes)
4. **Class discussion:** (approximately 5 minutes)
 - Have you increased your motivation for successfully completing this Class?
 - Does applying the DAPPS rule help you determine whether or not you can actually achieve your goals?
5. Assessment: **FORM “GOALS YOU WANT TO ACHIEVE BY TAKING THIS CLASS”**

GOALS YOU WANT TO ACHIEVE BY TAKING THIS CLASS.**REMEMBER TO APPLY THE DAPPS RULE. SUGGESTION: COMPLETE THE TABLE IN PENCIL.**

WRITE YOUR GOALS BELOW	DOES YOUR GOAL MEET DAPPS RULE? GIVE YOURSELF A CHECK MARK IF SO. REVISE YOUR GOAL IF NECESSARY TO MAKE SURE EACH GOAL RECEIVES A CHECK IN EVERY CATEGORY.				
	DATED	ACHIEVABLE	POSITIVE	PERSONAL	SPECIFIC
GOAL 1:					
GOAL 2:					
GOAL 3:					

WHAT ARE SOME CHALLENGES THAT MIGHT GET IN THE WAY OF MEETING YOUR GOALS?**WHAT ARE SOME RESOURCES AND STRATEGIES TO OVERCOME THESE CHALLENGES?****WHAT ARE THREE EXPERIENCES YOU WANT TO HAVE WHILE TAKING THIS CLASS?**

1.

2.

3.

WHAT IS AT LEAST ONE THING YOU WILL COMMIT TO DOING TO MAKE SURE YOU REACH YOUR GOALS?**YOUR SIGNATURE:** _____**DATE:** _____