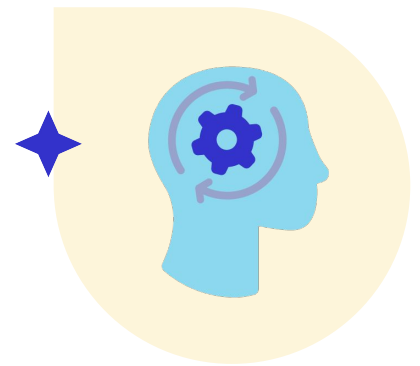




plan

Set and Achieve Goals with the Self-Directed Learning Cycle

Use this activity to think through a goal and record it, whether it's big and ambitious or small and simple. Plan using steps 1 and 2, work toward your goal in step 3, and return later to complete steps 4 and 5.



The process is the important part.

This is not a worksheet you should use once and then ignore. Complete these steps using sticky notes, a whiteboard or chalkboard, your journal, notebook, or planner, or a sheet of scrap paper. And when you're finished, recall the steps, and do it again and again!

Self-Directed Learning Cycle Activity

1 Set a goal. Write it down.

Setting goals for yourself helps you take ownership of what you want to achieve. If it's a short-term goal, see if you can connect it to other longer term outcomes you're looking forward to, such as feeling proud of yourself at the end of the week, feeling ready for the next grade level, or to having more time to spend engaging in fun activities.

2 Make a plan. Write it down.

List, in order, the steps to reaching your goal. If it's one big task, then break it up into smaller chunks so you have a specific plan. For each step, identify:

- what you'll do
- how long it will take
- what resources or strategies you'll need to use to be successful



TIPS

Tip: You might describe resources like a specific book, device, or website; help from a specific person; or other materials or supplies. Strategies might include things like limiting distractions or working in small time blocks.

You set goals every day, in big and small ways. But did you know that some goals are more likely to be successful than others? It's the ones that are detailed, achievable, and time-sensitive. For example, a strong goal could be: I will practice the skill of self-control to improve my focus by trying to work for 15 straight minutes without any distractions. I'll know I've achieved this goal when I can do it for 3 days in a row.

You can learn more about [setting great goals here.](#)

Self-Directed Learning Cycle Activity

3 Go Learn!

Now, get to it. Starting with the first step in your list, begin the work toward your goal. And don't forget to **celebrate** when you cross each step off your list!

4 Show evidence of what you have learned.

Is there something you can perform, display, present, or point to that shows the product of all your hard work?



Why do you need to show your learning? Well, only by showing that you know something can you be sure you really know it! For example, you might think you know how to drive a car, but only when you do it will you realize what you don't know, like how to adjust the mirrors or take the car out of park. Showing is part of knowing.

5 Reflect. Record your takeaways.

What have you learned about yourself, your goals, or your growth by working through these steps? Which of your goals did you meet? What can you do next time to improve?

Self-Directed Learning Cycle Activity

1 Set a goal. Write it down.

2 Make a plan. Write it down.

3 Learning!



4 Show evidence of what you have learned.

5 Reflect. What are your takeaways?
