

# Goal-Setting Card Sort

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- Objectives:**
- To recognize the value of setting long-range goals
  - To identify goals students would like to accomplish during their lifetimes
  - To break long-term goals into shorter-term objectives and actions

**Grade Level:** 10-12

**Time Required:** Variable

**Materials Needed:** One set of “Goal Cards” for each student (duplicate the cards on the heaviest paper stock available; cut along the dotted lines to form individual cards, and place a rubber band around each deck of cards); copies of “Personal Goal Profile” and “My Goals This Week” handouts

## Description:

1. Distribute a deck of “Goal Cards” to each student.
2. Read the following directions:

“Each person should have a deck of cards. Please do not chew on them since I need them back. Take the rubber band off of the deck and sort your deck into 3 piles. On the left, place the cards containing goals in which you have no interest. On the right, place those cards containing goals you might like to accomplish sometime between now and the time you turn 95. In the middle pile, place those cards for which you are undecided. You will end up with three piles: No, Maybe, and Yes.”
3. After all students have sorted their cards into 3 piles, ask them to count the number in their right-hand or Yes pile. If they have more than 10 cards in the pile, direct them to resort that pile into 2 piles: those goals they are red-hot about and those that are only lukewarm. Continue re-sorting until they have their decks down to the top 10 goals.
4. Have the students rank order their top 10 “Goal Cards” in order (1, most important; 10, least important).
5. Ask the class to write their goals in order on a blank sheet of paper. Invite them to carry their lists with them for the next month or to post them at home where they will see their lists each day. (It may be desirable to describe the research on mental rehearsal and subconscious motivation.)

From: R. L. Partin & M. T. Lovett. (1988). *Social Studies Teacher's Survival Kit*. West Nyack, NY: The Center for Applied Research in Education. For related information see [ronpartin.com](http://ronpartin.com)

### Optional Activities:

1. Have students construct collages that depict their desired goals. Respect their right to personal privacy and do not force students to show their collages or lists to other students. Encourage them to hang their goal posters in their rooms at home.
2. Distribute copies of the “Personal Goal Profile” to the students. Have them select one goal to use in completing the profile. The intent is to encourage long-range planning of the resources and subgoals necessary to accomplish a life goal. You might encourage them to share their plans in small groups.
3. On the chalkboard, write the date it will be exactly 10 years from today. Tell the students to imagine it is that date. They are to write a brief essay based on their fantasies on what their life will be like. No one else need see their writings. Questions they should ponder include the following:
  - a. Where will you be living?
  - b. How will you be spending your time?
  - c. What will your relationships be like?
  - d. What will your life-style be like?
  - e. What kind of income do you expect?
  - f. Which people will be important to you?From their dream essay, students can begin to identify goals they would like to pursue. They might compare these goals with the results of the card sort activity. Are they congruent?
4. Distribute copies of “My Goals This Week!” Encourage the students to develop short-term goals to be completed within the coming week. These short-term goals should move them toward completion of their longer-range goals. Students may wish to pair up with another student for mutual support and to report progress toward their weekly goals. The activity may be repeated for several weeks in succession.

### Helpful Resources:

Campbell, David. *If You Don't Know Where You're Going, You'll Probably End Up Somewhere Else*. Allen, TX: Argus Communications, 1974.

Lee, Wayne. *Formulating and Reaching Goals*. Champaign, IL: Research Press, 1978.

Morrissey, George. *Getting Your Act Together: Goal Setting for Fun, Health and Profit*. New York: Wiley, 1980.

# GOAL CARDS

HAVE LOTS OF LEISURE TIME	OBTAIN JOB SECURITY
BUY AN EXPENSIVE CAR	BECOME LESS SHY`
BE IN A MOVIE	BECOME AN EXPERT IN SOME AREA OF FIELD
HAVE MONEY TO INVEST	LOOK ATTRACTIVE

# GOAL CARDS

BE IN A PLAY

CLIMB A MOUNTAIN

WRITE A BOOK

LEARN TO FLY AN AIRPLANE

EXCEL IN A SPORT

BE MORE ASSERTIVE

LIVE A LONG LIFE

LOSE WEIGHT



# GOAL CARDS

EARN A COLLEGE DEGREE	TRAVEL TO INTERESTING PLACES
GET MARRIED	OWN MY OWN BUSINESS
HAVE CHILDREN	MOVE TO A DIFFERENT CLIMATE
IMPROVE THE RELATIONSHIPS WITH MY FAMILY	BECOME PROFICIENT AT A MUSICAL INSTRUMENT





# GOAL CARDS

HAVE GOOD HEALTH	BUY A HOUSE
BECOME FINANCIALLY SECURE	HELP OTHERS LESS FORTUNATE THAN I
** WILD CARD ** WRITE YOUR OWN GOAL	BE ELECTED TO PUBLIC OFFICE
MAKE NEW FRIENDS	BE AN ACTIVE MEMBER OF MY RELIGIOUS COMMUNITY

