



USE WITH:

Individual students, small group, or whole class



GRADE LEVEL:

Middle school or high school



CONTEXT:

Remote friendly

CLASSROOM ACTIVITY

Set Goals with a Growth Mindset

Help students take control of their learning by setting goals and making plans to achieve them.

Created by [Mindset Works](#)

Description:

This evidence-based lesson guides students through setting goals, creating action plans, and reflecting on their progress.

Prep time needed:

15 minutes

Est. time to complete:

60 minutes

Steps:

1. Review the purpose and objective on p. 1 of this [Growth Mindset Goal Setting Lesson Plan](#). Let students know that you will be teaching them a way to set goals that can make those goals more achievable.
2. In Lesson 1, help your students set a learning goal. Ask students to use a goal-setting template to define a personal growth mindset learning goal. You can circulate and provide feedback, set up one-on-one chats with each student, or have students turn in the template. The template is linked here: <https://www.mindsetworks.com/websitemedia/protected/capss2013/IntermediateGoalsettingtemplate.pdf>
3. In Lesson 2, help your students create an action plan. First, model how to create a growth mindset action plan for the goals set in Lesson 1. Then, ask students to use their goal templates to devise a plan to achieve their goals.
4. In Lesson 3, help your students reflect on the progress they've made toward their goals. Have students create a Reflection Chart by folding a piece of paper into four

sections. In each section, ask students to reflect on their current level of performance, their evidence, steps to improve, and a timeline for taking action.

Tips for Educators:

- This activity works best when it becomes a habit, so try introducing it early. Follow up with students to check in on their progress as they pursue their goals.
- Offer choices for completing the template (handwritten, via computer, on chart paper, etc.). The format of the output is less important than the exercise itself.
- If time is a constraint, consider breaking this activity up and having students complete a lesson a day or every few days.



Inspired by:

1. Urdan, T., & Kaplan, A. (2020). The origins, evolution, and future directions of achievement goal theory. *Contemporary Educational Psychology*, 61, 101862.

Related Materials:

Growth Mindset Goal Setting Lesson Plan
<https://www.mindsetworks.com/websitemedia/protected/capss2013/GMGoalSettingLessonPlan.pdf>