



Making a Resolution

A resolution is a goal that you set for yourself. Many people make resolutions at New Year's so that they can make a fresh start. After listening to what the teacher has to say about the history of resolutions, then decide: What do you want for yourself for the New Year? In this exercise, we will set goals *and then* make a detailed plan of steps we can take to achieve those goals.

Here are some examples of goals you could set for yourself:

- I want to improve my grade in math class.
- I want to be a better student / I want to be on the honor roll next semester.
- I want to help my family more at home.
- I want to be a better brother or sister.
- I want to help my friend do something (do better in school, be less shy, stay out of trouble).
- I want to save money to buy (a book, CD, videogame).

Make a list of five goals you would like to achieve:

1. _____
2. _____
3. _____
4. _____
5. _____

Now talk to your partner about your five goals. Which one is the most important to you? Work with your partner until you have both decided on one goal you really want to work on.



Planning for Success

Now that you have come up with a goal for yourself, you need to make a plan that includes a few concrete steps that will help you to achieve your goal. For instance, here's a plan to help improve a math grade:

1. Ask questions. Talk to the teacher about where I am having trouble (is it homework grades, test grades, etc.). Participate in class and ask questions when I don't understand.
2. Pay attention in class and write down the homework accurately.
3. If I have trouble with the homework I will ask a friend or go to the teacher for help.
4. Do my work. Every day, I will complete each assignment to the best of my ability and turn it in on time. When I get them back, I will review the problems I missed to see how I can do them correctly the next time.
5. I will review before every test so I am prepared to do my best.

I resolve to:

Here are five steps that I need to take to achieve my goal:

1. _____
2. _____
3. _____
4. _____
5. _____

Now talk to your partner about your plan. Does it make sense? Will it help you achieve your goal? Is there anything else you will need to do? Also talk about how you and your partner can support each other as you work to achieve your goals.

