

Activity: Session 3 DECISION MAKING AND GOAL SETTING

Objective: Help participants to understand the importance of having short, medium, and long range reachable goals.

Materials Needed

- "5 Steps to Goal Setting" Worksheets
- Pens/Pencils

Sign In and Welcome

Mentors should meet and greet the protégés and show them where to sign in

Introductions

Introduce any new members to the group and welcome them. See if anyone can take the challenge and name everyone in the group. Allow for a few volunteers.

Program Explanation

This is your third meeting but there may be new members who will need a program review. Ask if there are any volunteer protégés who would like to help explain and review the program. Allow different protégés a chance to explain the different aspects of the program and add in anything that is missed. Allow one volunteer to read the Group Agreement and ask if there are any questions.

Group Activity: "5 Steps to Goal Setting" (attached)

Pass out the "5 Steps to Goal Setting" worksheet. In teams of four (4), complete the questions on the worksheet. Mentors may need to help protégés think of answers to the questions. Allow plenty of time for everyone to complete his or her worksheet.

When complete, have each person read his or her long-range, medium-range, and short-range priorities. Discuss what it was like to think about these goals.

- Have any of you ever thought about your goals before?
- Was it a difficult task? Why or why not?
- Which goals were more difficult to think about?
- Why is it important to have goals? Can our goals change as we get older?
- Does it help us to make better decisions when we have our goals set? How or Why?

Explain that when we reach our goals we should celebrate and be proud of ourselves. Even the smallest accomplishment is worth recognizing. Encourage the group to share with each other and the group when they reach their goals.

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Matching Process Explanation

Explain that at the next meeting each mentor and protégé will be matched. Review how the matching process occurs and allow for any questions.

Closure

Thank everyone for coming and for actively participating. Encourage everyone to share their goal setting worksheets with their parents, teachers or someone they care about. Remind them when they will meet next, where, and at what time. Encourage everyone to attend.

Optional Activities/Discussions

Group Activity: "Pros and Cons"

Explain to group that one of the simplest ways to practice making thoughtful and deliberate decisions is to create a list of Pros and Cons. In teams of 2-4, think of a decision that most people face. Try to come up with as many Pros (good things) and Cons (not -so-good things) about it as you can. If the Pro list is longer and stronger, it's probably a good idea. If the Con list is longer or stronger it's probably not a good idea.

Example:

Should I go to the party at Michelle's on Friday?

Pros

- I like Michelle
- My other friends are going
- I heard her last party was fun
- I can wear my new shirt
- She has a great pool

Cons

- Some of Michelle's friends are older
- I don't think her parents will be there
- I have a game on Saturday morning
- I heard that there might be alcohol there
- My parents would not approve if there was drinking
- I could get in trouble

Practice making Pros and Cons lists on a number of different decisions as time allows.