

Going for the Goal

student activity book



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Steven J. Danish
Life Skills Center
Virginia Commonwealth University

Contributions to various editions of this manual have been made by:
Patrick H.F. Baillie, John P. Brunelle, Sherman J. Curl, Carole R. Danish,
Margaret Gatz, A. Lisa Harmon, Christopher J. Hogan, Catherine W.
Howard, J. Mark Mash, Aleta L. Meyer, Susanna Owens, Tanya E. Taylor,
and Alice Westerberg.

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WORKSHOP ONE

Dare to Dream

We are only as good as our dreams.

(Unknown)

What happens to a dream deferred?

Does it dry up

like a raisin in the sun?

Or fester like a sore

and then run?

Does it stink like rotten meat?

Or crust and sugar over

like a syrupy sweet?

Maybe it just sags

like a heavy load.

Or does it explode?

Langston Hughes

Only you can keep yourself from reaching
your dreams.

H.D. Thoreau

Telling yourself you can do

Something is good.

Showing yourself you can

Do it is better.

(Unknown)



WORKSHOP ONE GOAL

In this
workshop
we will
learn

1. Learn how to dream; and
2. Learn that dreams are important for your future.

RULES FOR THE GOAL PROGRAM:

RULE 1: The first and most important rule is that everyone participates. We want to hear from you! This is your group, and the more you add to it, the more fun it will be for you.

RULE 2: Respect and support each other in reaching your goals.

THINGS TO REMEMBER

- A. **DREAMS** allow you to see your future. If you can see something, you can do it.
- B. For a **DREAM** to come true, it has to be important to you.
- C. You can have all different kinds of **DREAMS**: dreams about school; dreams about different things you like to do after school, dreams about what kind of work you want to do when you grow up, and dreams about a family.
- D. **DREAMS** give you a vision of what you want to be. They help guide you each day.
- E. To help you think of your Goal Keepers and why you admire them ask yourself:
 - Exactly what is it about this person you like?
 - Is there someone else you would like to be like and why?
 - What is the first thing that comes to mind when you think of that person?
 - Why is that important to you?

THE SEEKER: PART 1

Scene 1

Narrator:

In a town not far from here, there lives a student who goes to a school like you do. The student doesn't know what to do or be. Lately the student doesn't care about anything. The student's grades have been falling. More days than not the student gets in trouble with a teacher. The future isn't looking bright.

Student:

(speak slowly, as if waking up)

Oh my. Another day and I don't want to go to school. School is boring; everything is boring. It seems like all I ever do is get in trouble.

Goal Keeper:

Hey, my name is Goal Keeper and I'm here to say, what you need is a dream today. Without a vision and without a dream, you'll never be on a winning team.

Student:

Wait a minute, what is all this talk about dreams: Sure I dream—every night I dream. Sometimes I even dream in class. When I dream in class, I get in trouble.

Goal Keeper:

No, you're not catching my drift. I'm talking about a dream that'll give you a lift. You have to look ahead to what you want to be, to your future job, career, or family. When you have a dream like Martin Luther King, there's no limit to what your future can bring.

Student:

Yeah, that sounds cool. How can I get a dream like that?

Goal Keeper:

Just close your eyes and begin to see all the things you'd like to be. So a Goal Seeker you will become and maybe some day you'll be your own number one. You and I will be a winning team. Together we can reach all of your dreams.

Goal Buster:

No, *(evil laugh)*

Even though a Goal Seeker you have become, I'll stop you from reaching your dreams. There's no dream I can't bust. I'm slick and quick and Goal Seekers make me sick.

Narrator:

Stay tuned for more adventures as Goal Seeker tries to reach many dreams.



EXERCISE 1

Who is in My Life

Think of two characters or persons who are important to you and who you look up to—someone who you would like to be like. One should be someone you know. The second person should be someone from TV, movies, or books.

Write their names below

These people are GOAL KEEPERS.

Think of a character or person who is bad or evil—someone who causes trouble.

Write his or her name below

This person is a GOAL BUSTER.

EXERCISE 2A

Destination: 10 Years From Now
My Future I will be _____ years old.

MY HOUSE AND CAR

What kind of car do I have?

What special features does it have?

What style house do I have?

How many rooms does it have?

MY FRIENDS AND FAMILY

What is important to my friends?

What is my relationship with my family? (How do I show that I care for them: How often do I see them?)

What do you like to do with your family; your friends?

EXERCISE 2A

Destination:
My Future

MY JOB OR CAREER

What am I good at?

What am I interested in?

What would I like to do for work?

MY HOBBIES

What do I like to do for fun?

What sports or other activities do I like?

What am I good at?

EXERCISE 2B

My House
and Car



EXERCISE 2B

My Friends and Family



EXERCISE 2B

My Job or
Career



EXERCISE 2B

My Hobbies



EXERCISE 3

My House
and Car

EXERCISE 3

My Friends
and Family

EXERCISE 3

My Job or
Career

EXERCISE 3

My Hobbies