

FTS-100-349

First Term Seminar
It's Just Noise/Music

Exercise

- Write your goals on sticky notes. One goal per sticky note; at least three per student.
- Four columns.
 - Academic
 - Career/vocational
 - Health and wellbeing
 - Social.
- Put your sticky notes in the appropriate columns.

Goal

- To help student think about what kind of goals they should set for themselves.
- We want students to think about the various ways a liberal arts education can challenge them and provide opportunities for growth.
- We also want students to identify challenges, structural and personal, in achieving those goals as well as resources, structural and personal, they can access.
- Thinking about resources also provides an opportunity to suggest the breadth of resources Gustavus offers and to indicate that **part of being a college student is pursuing resources, rather than waiting for resources to find you.**

Let's Look At Each
(Elaborate)

Exercise

- Let's identify one goal
- As a whole group, let's work through:
 - The challenges of doing well
 - The resources for doing well
 - The strategies you may pursue.
- You might not know all the college resources (but I'll assure you that, as the semester goes on, they will), but let's imagine what resources you might seek out.

Question

- For the goal each group chose. Is it
 - “Easily attainable”? Or
 - A “reach”?

Why is it good to have both type of goals?

Exercise

- I'll divide the class into 4 groups:
 - Academic
 - Career/Vocational
 - Health/Wellbeing
 - Social
- Each group will pick one specific goal from the post-it notes from that category. As a group, identify:
 - Potential challenges in pursuing that goal
 - Potential resources (institutional or personal)
 - Potential strategies

Rewrites

- (I'll give you some time to) reread your goal from the free-writing assignment.
- Do you have a mix of goals?
 - Health and Well being
 - Academic
 - Social
- Do you want to add or change any goals based on our discussion earlier?

Finally

- I'll give you **Goal Setting Worksheet**
- Take the rest of the class to complete it.

- Keep your **Goal Setting Worksheet** in a safe place, you will need it again later in the semester.

- Share one goal you have set for yourself.