

Dreams and Goals

Background

We often daydream about the kind of life we would like to have but it takes focus and direction to translate the dreams into a set of goals that make things happen. This chunk is intended to help learners see the difference between dreams and goals, to outline some rules for making goal plans and to help them make a goal plan of their own.

Dreams and Goals – online material

- Learners are first of all invited to think about winning the lottery and the plans they might have with increased wealth – a typical wish list is presented: holidays, cars, a luxury house, clothes, jewellery, donations to charity, etc.
- They are then encouraged to think about how they might turn these wishes and dreams into goals, e.g. by making plans to work towards a more interesting, better-paid job.
- Reasons for setting goals are explained, which include better concentration, better performance and less stress and anxiety.
- There is then a pop-up exercise where learners click to view the ten rules of goal-setting, e.g. goals should be realistic, measurable and achievable and shouldn't contradict other goals.
- A case study follows about Scott who has completed an apprenticeship and now wants to go to university. Learners can make a goal plan for Scott that includes long-term and short-term goals.
- Finally, learners make their own goal plans. They can choose two areas to concentrate on from a list of six: work, studies, hobbies, money, family and health.

Supporting Learners

Goal-setting is essentially an exercise in common sense and learners don't usually have problems understanding the concepts. They might need a bit of time and support to fashion their own goal plans. They may wish to discuss their goal plans with you or they may decide to keep them private – it is best to let them choose.

Additional Material

No additional material has been prepared for Dream and Goals as part of this pack. Learners can return to it to make goal plans as required. Learners could read biographies of successful people and work out a goal plan for them in retrospect. The Gazetteer for Scotland gives short biographies of famous Scots:

<http://www.geo.ed.ac.uk/scotgaz/People.html>

Websites

BBC Wales – Motivational Goal Planning

http://www.bbc.co.uk/wales/raiseyourgame/motivation/goal_setting/

Management Resources Goal Planning

<http://www.management-resources.org/universal.php?c=12&a=71>

Mental Skills – Applied Sports Psychology

http://www.mentalskills.co.uk/articles/featured_article.php?docid=4

Mind Tools – Goal Planning

<http://www.mindtools.com/pggoalst.html>