Game On!

Goal Setting, Are You Ready?

Developed by the California Department of Education, Nutrition Services Division, the Network for a Healthy California, and the California After School and Healthy Kids Resource Centers
Goals in Action!

- **Go for the Goal of Good Health**
- **Sample Question:**
  - Regular Physical Activity and blueberries help make new neurons.
Go for the Goal of Good Health

1. 75% of Americans are chronically dehydrated.

2. Mild dehydration slows delivery of nutrients to cells.

3. Caffeinated energy drinks are good choices for dehydration.

4. 10% of U.S. teenagers say they drink caffeinated drinks like Red Bull, Monster, and others.
# Game On!
**Goal Setting, Are You Ready?**
## Workshop Objectives

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<th><strong>Objective</strong></th>
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<td>1.</td>
<td>Learn the benefits of goal setting.</td>
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<td>2.</td>
<td>Identify the steps of the goal-setting process.</td>
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<td>3.</td>
<td>Discuss goal setting and classroom instruction.</td>
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<td>4.</td>
<td>Brainstorm ways to work collaboratively to support student health goals.</td>
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Closing the Health and Academic Achievement Gaps – In the Classroom

How could the California Health Education Content Standards contribute to closing the Achievement Gap?
What is the Role of the California Health Education Content Standards in Closing the Achievement Gap?

<table>
<thead>
<tr>
<th>Alcohol, Tobacco &amp; Other Drugs</th>
<th>Overarching Health Content Standards</th>
<th>CDC Priority Youth Risk Behaviors</th>
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<tr>
<td>Growth, Development &amp; Sexual Health</td>
<td>Essential Health Concepts</td>
<td>• Alcohol and Other Drug Use</td>
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<td>Nutrition &amp; Physical Activity</td>
<td>Analyzing Health Influences</td>
<td>• Tobacco Use</td>
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<td>Mental, Emotional &amp; Social Health</td>
<td>Accessing Valid Health Information</td>
<td>• Risky Sexual Behavior</td>
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<td>Personal &amp; Community Health</td>
<td>Interpersonal Communication</td>
<td>• Unhealthy Nutrition</td>
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<tr>
<td>Injury Prevention &amp; Safety</td>
<td>Decision Making</td>
<td>• Inadequate Physical Activity</td>
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<td></td>
<td>Goal Setting</td>
<td>• Inappropriate social skills and unsupportive environment</td>
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<td></td>
<td>Practicing Health-Enhancing Behaviors</td>
<td>• Injury and Violence</td>
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<td>Health Promotion</td>
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Closing the Gap – What is the Role of Goal Setting?

It is not enough to be busy. So are the ants. The question is what are we busy about?

– Henry David Thoreau
Closing the Gap – the Role of Goal Setting

Academics
- Focus on what is important
- Improve motivation
- Improve engagement and ownership of learning
- Sense of accomplishment

Closing the Gap – The Role of Goal Setting

Health

- Reduces high-risk behaviors
- Promotes health-enhancing behaviors
- Empowers choices and better health
- Improved educational and social outcomes

Setting and Reaching Goals

Matt’s Story
Goal-Setting Process

A Tool For Success

1. Clear Goal Statement
2. Break it Down, Make a Plan
3. Prepare for Challenges
4. Monitor Progress
5. Evaluate, Reflect on Goal
6. Celebrate Success!
The Goal-Setting Process

Clear Goal Statement
Make a Plan
Prepare for Challenges
Monitor Progress
Reflect and Evaluate
Celebrate!
Goal-Setting Process

1. Clear Goal Statement – SMART (Be Realistic)

2. Break it Down, Make a Plan – Steps to Reach Goal

3. Prepare for Challenges – Find Solutions

4. Monitor Progress – Make Adjustments

5. Evaluate, Reflect on Goal – Give yourself a break

6. Celebrate Success! Onward!
Goal-Setting Process

Rethink Your Drink!

1. Clear Goal Statement
Step 1: Clear Goal Statement

... Do students know how to select REALISTIC goals?
Step 2: Make a Plan

Planning Considerations:

- Break the goal into small steps
- Start slowly
- When? Be realistic
- Frequency?
- With who?
- What is needed?
- Cost?
Step 3: Prepare for challenges

- Will there be obstacles that prevent you from realizing your goal?
- How could you prevent them?
- Find positive solutions
- Do changes need to be made?
- Ask for help.
Step 4: Monitor Progress

- What helps show progress?
- Tracking tools (Journals, logs, calendars)
- Make reminders
- Find creative ways to stay on track
Step 5: Reflect and Evaluate

- It's OK to change your plan to make it more realistic or achievable.
- Focus on positive goal achievements (rather than failures).
- Emphasize small successes along the way.
Step 6: Celebrate!

- “Ways to Praise”
- Structure activities to succeed!
- Reinforce the value of peer support
Celebration Break

1. Cheer!

2. Victory dance!

3. Move!
Goal-Setting Process

1. Clear Goal Statement =
   Grade 2

2. Break it Down, Make a Plan =
   Grade 4

3. Prepare for Challenges =
   Grade 5

4. Monitor Progress =
   Grade 5

5. Evaluate, Reflect on Goal =
   Grades 5 - 12

6. Celebrate Success!
   All grades!
Step 1: Goal Setting
Set a Clear Goal

Grade Two:
- 6.1.N Set a short-term goal to choose healthy foods for snacks and meals
- 6.2.N Set a short-term goal to participate daily in vigorous physical activity
Grade-Level Standards

Step 2: Goal Setting: Break it Down, Make a Plan

Grade Four:

- 6.1.N Make a plan to choose healthy foods and beverages
- 6.2.N Set a plan to choose physical activity at school and at home
Grade-Level Standards

Step 3: Monitor Progress

Grade Five:

- 6.1.N Monitor personal progress toward a nutritional goal.
- 6.2.N Monitor personal progress toward a physical activity goal.
Grade-Level Standards

Steps 1 - 6: Goal-Setting Process

Middle School:

- 6.1.N Make a plan for improving one’s nutrition and incorporating physical activity.
- 6.2.N Set a goal to increase daily physical activity.
Grade-Level Standards

Steps 1 - 6: Goal-Setting Process

- **High School:**
  - 6.1.N Assess one’s personal nutrition needs and physical activity level.
  - 6.2.N Develop practical solutions for removing barriers to healthy eating and physical activity.
  - 6.N.3 Create a personal nutrition and physical activity plan based on current guidelines.
Advocate for School Wellness – Be a Goal-Setting Team

“Programs that focus on changing behaviors tend to be more effective when addressed in multiple settings, e.g., classroom, school, home, and community.”

Advocate for School Wellness – Be a Goal-Setting Team

Activity

- Work in table groups
- Prepare 2 strategies that your team could apply to support student goal setting (2 minutes)
  1. Classroom or After School
  2. Child Nutrition Services
  3. Administration
  4. Parents/Family
  5. Community
- Report Out (2 minutes)
Welcome.

The California After School Resource Center (CASRC, "cas-rac") provides access to a comprehensive set of reviewed materials, resources, tools, and supportive services for after school programs. Browse through the resources and register on-line to borrow materials from the library, with free delivery in California.

CASRC is administered for the California Department of Education.
Game On! Goal Setting, Are You Ready?

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This program was developed in collaboration with the California Department of Education's Nutrition Services Division with funding from the California Department of Public Health, Network for a Healthy California funded by the United States Department of Agriculture’s Supplementary Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 1877-847-3663. For important nutrition information visit www.cachampionsforchange.net.