

The Lighthouse

Inspiration through target-setting

A two-hour, interactive workshop that will inspire your students to reach for a positive future. This workshop has a powerful visual metaphor as its central motif; a lighthouse. Your students will create their own personal lighthouses to act as beacons, encouraging them to strive towards the goals they have set for themselves.

RATIONALE

Setting goals helps trigger new behaviours, helps guides your focus and helps you sustain momentum in both your studies and your life overall. Goals also help to align your focus and promote a sense of self-mastery. Setting goals not only motivates us but can also improve our mental health and our level of personal and professional success. According to the research of Edward Locke and Gary Latham (1990), goals not only affect behaviour as well as academic performance, but they also help to enhance motivation, leading to higher effort. Research done by Moeller, Theiler, and Wu (2012) examined the relationship between goal setting and student achievement at the classroom level. This research examined a 5-year quasi-experimental study, which looked at goal setting and student achievement in Spanish language lessons. A correlational analysis of the goal-setting process as well as language proficiency scores revealed a statistically significant relationship between the process of setting goals and language achievement.

Studies suggest that goal setting is associated with multiple, positive benefits, for a range of ages and abilities, across academic subject areas.

Institute of Education Sciences – 2018 (US)

OBJECTIVES

- To clarify education and career ambitions.
- To set realistic and achievable goals.
- To create an action plan for achieving said goals.
- To foresee obstacles and distractions.
- To build confidence in their ability to progress.

SKILLS taught and their BENEFITS

Goal setting is an essential component for growth and development in our students for several reasons: It personalises the learning process based on their needs. It creates intention and motivation that empowers students. It establishes accountability to shift responsibility to students.

Prioritising helps you decide on what's most important and to complete the most essential and most urgent tasks first. It helps you to focus. Students are less likely to become sidetracked when focussing on their list and they will gain more of a sense of purpose.

Action planning is an approach which helps to generate and then focus ideas and tasks and then decide what steps you need to take to achieve your goals.

Identifying those that can help to achieve your goals is a great way for students to realise that they don't have to do this all alone. Discussing things with a friend, parent or teacher, enables you maintain momentum and draw on useful Advice for accelerating progress.

Reflecting on positive, past experiences in which we made progress and felt good about ourselves encourages us to develop the belief that we can achieve the goal in front of us. If we did that, then we can do this!

"80% of students agreed that they were better able to make decisions about their future".

Survey from 4101 students taking part in MADE Workshops, conducted by NSSW, part of the National Collaborative Outreach Programme.

OUTCOMES

By the end of the workshop, your students will have:

- Clarified their aspirations and ambitions.
- Set realistic and achievable goals.
- Created an action plan.
- Identified obstacles and potential setbacks.
- Identified specific people to ask for help and advice.
- Be inspired and motivated to begin taking action

GATSBY Benchmarks: 3,5,8

NERUPI Framework: Choose, Become, Understand

PSHE Core: Living in the wider world

Statutory Guidance, Curriculum and Frameworks