

Lesson 7

Road Map to Success: *Coach Guide*

Learning Goals

1. Students will identify short term and long term goals they hope to achieve
2. Students will learn that reaching smaller goals helps them achieve their larger ones
3. Students will create a timeline to understand the steps needed to reach their goals

Introduction (~5 minutes)

- **Recap your week as a college student.**
- **Introduce the lesson plan for this week**
 - Talk briefly about your path to college. Think about the challenges you've overcome, what important moments stand out for you, and who helped you along the way. Talk to them with the idea that your story will inspire students to think about their own goals.

Activity 1 (~15 minutes)

- **Creating a Road Map for Success**
 - Ask the teacher to distribute the handout if they have not done so yet.
 - Tell the students to think about goals that they'd like to accomplish in their future. Ask them to write these along the road, creating a road map.
 - If they are having difficulty, you can give them some examples: getting good grades in high school, doing well on college entrance exams, applying to postsecondary education programs, graduating with a degree.
 - You, the coach, should also create a roadmap. Think about the challenges you overcame to get to college, and what challenges you currently face as a college student.
 - Briefly share your timeline and ask students to share some of their goals.

Activity 2 (~15 minutes)

- **Creating a Timeline for Success**
 - Ask students to move to the timeline worksheet.
 - Explain that long term goals are made up of smaller goals. Remind them of the "goal setting" lesson where they chose a goal and broke it into three smaller goals.
 - Explain that they're going to plan out goals to meet during the next year that will help them achieve their larger goal.
 - Ask students to share some of the goals they came up with.



Activity 3 (~10 minutes)

➤ **Partner Discussion about Future Goals**

- Ask students to get into groups of 2 or 3 to discuss their future goals. Have them answer the questions provided on the second page of the handout and encourage them to write down their answers.

Closing/Assignment (~5 minutes)

➤ **Wrap-up**

- Leave some time for students to ask you questions
- Optional: Give students a short assignment for next time

*Adapted from Believing the College Dream: 2010 UC Berkeley, Center for Educational Partnerships

