



# Assessing Mastery of Goal-Setting Grades 9-12

Students in grades 9-12 will have mastered *Goal-Setting* by demonstrating their ability to showcase the performance indicators identified in Standard 6. Use the student friendly language below to support rubric creation and feedback to students.

**Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

**6.12.1 Assess personal health practices and overall health status.**

- I can assess my personal health status
- I can identify areas of growth

**6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.**

- I can create a plan that benefits my health goal.

**6.12.3 Implement strategies and monitor progress in achieving a personal health goal.**

- I can identify barriers to achieve goal
- I can identify action steps to achieve goal
- I can monitor progress of short- and long-term goal(s)
- I can use strategies that support achieving short and long-term goal(s)

**6.12.4 Formulate an effective long-term personal health plan.**

- I can create an effective long-term health plan.

### ASSESSMENT TOOL #1 (6.12.1)

Provide a list of multiple health practices. Students must describe their personal assessment of each health practice in their own lives. Descriptions should include their understanding of the health practice in their lives, reasoning for or against needing to improve the health practice in their lives, and how the health practice supports their overall health status.

### ASSESSMENT TOOL #2 (6.12.2, 6.12.3, 6.12.4)

Create a timeline that chronicles short-term SMART goals in alignment with a long-term health plan. Details on the timeline must include dates that represent progress points for reaching each SMART goal, specific connections between each SMART goals and the long-term health plan, and plans for overcoming possible barriers along the way.



## Content Area Connections

Build content understanding through connections with other courses. Share suggestions with teachers to develop plans for content overlap and student language connections.

Utilize content structures and topics in classrooms to reinforce student understanding and to support ongoing student development. *Goal-Setting* can be used across content areas, and school-wide, as ways for students to identify growth areas and progress through changes. Remind students to create short-term, specific goals to better support their potential success. Include a tracking or monitoring system that allows for regular check-ins throughout an identified period of time. Make sure all staff use the same tracking or monitoring system for consistency.

- Monitor Behaviors
- Identify Area of Growth
- Create a SMART Goal
- Make a Long-Term Health Plan

### SMART Goals:

<b>Specific</b>	<b>S:</b> What do you want to achieve?
<b>Measurable</b>	<b>M:</b> How will you know you have reached your goal? Have students add numbers to their goal here.
<b>Attainable</b>	<b>A:</b> Can you reach this goal with your available skills, knowledge, and resources? Include consideration of the time frame for reaching the SMART goal.
<b>Relevant</b>	<b>R:</b> Is your goal important to you? Does the goal relate to an area you are excited about?
<b>Time Phased</b>	<b>T:</b> Does the goal have a date to complete it by?

### VOCABULARY REINFORCEMENT:

Utilize the vocabulary words below to reinforce student understanding and to showcase the ability to use words across content areas. For example, an entire grade-level team can decide to teach these words within the specific contexts of their classes to deepen understanding of vocabulary and language use.

*monitor, implement, formulate, assess, goals, strategize,  
plan, specific, measurable, attainable, relevant,  
time-phased*



# Resource Bank

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## RMC Health

- [Health Education Skills Models](#)

## National Health Education Standards

- [Standards & Performance Indicators](#)

## Healthy Choices Videos

- <https://www.youtube.com/watch?v=TAWWLUdTp4>
- <https://www.linkedin.com/learning/creating-a-career-plan/create-short-and-long-term-goals>
- <https://www.youtube.com/watch?v=tjkrKA1cVdU>
- <https://www.youtube.com/watch?v=cEfeDxWRr8c>
- [https://youtu.be/arhnNSWmt\\_g](https://youtu.be/arhnNSWmt_g)

## Health Assessment Resources

- <https://classpass.com/blog/2018/12/03/how-to-create-a-wellness-wheel/>
- <https://dukeintegrativemedicine.org/patient-care/wheel-of-health/>
- [https://www.nationalwellness.org/page/Six\\_Dimensions](https://www.nationalwellness.org/page/Six_Dimensions)
- <http://www.viacharacter.org/survey/account/register#youth>
- [https://dukeim.learningcenter.com/static/scorm/11/content/documents/DukeIM\\_PHPManual\\_fullversion\\_FINALwithcopyright.pdf](https://dukeim.learningcenter.com/static/scorm/11/content/documents/DukeIM_PHPManual_fullversion_FINALwithcopyright.pdf)