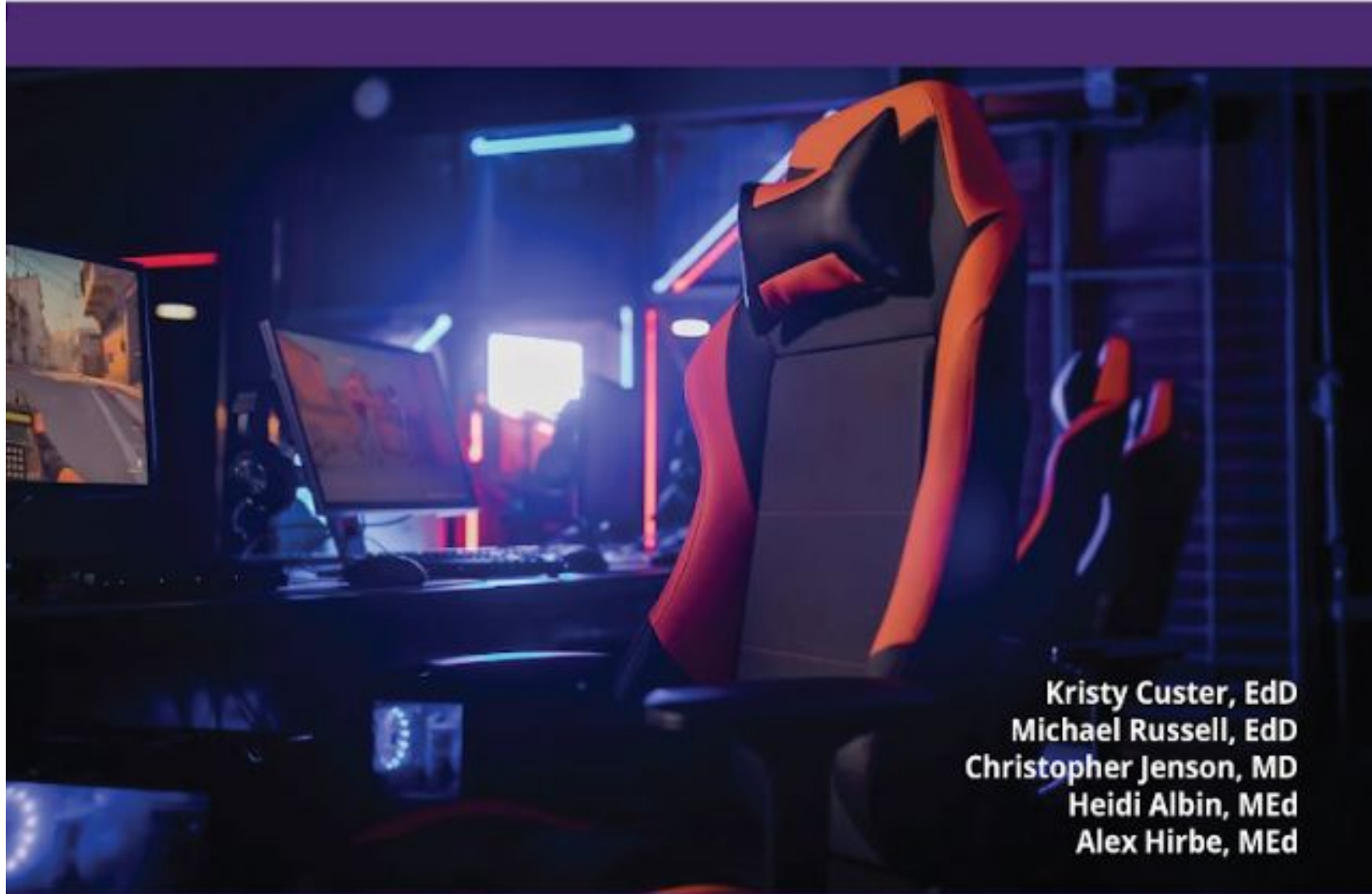




Gaming Concepts FUNDAMENTALS



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Mental
Health
Moments



GENERATION
ESPORTS



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LEVEL 1: QUEST ACCEPTED -- Players and coaches will discuss how to play as a team, rules for play, and ways to win the game.

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LEVEL 5: There's an App for That – In this comprehensive unit, students delve into the multifaceted world of mobile application development, exploring fundamental concepts, ethical considerations, design principles, and career pathways.

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Goal Setting and Decision Making



STANDARDS ADDRESSED

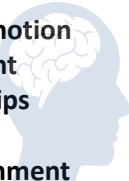
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- CRS8
- CRS10
- CASEL 1
- CASEL 2
- CASEL 5

MATERIALS NEEDED

- **Video:** [5 Key Principles to Achieve Your Goals Effectively](#)
- **Worksheet:** SMART Goal Setting
- **Worksheet:** Goal Brainstorming

MENTAL HEALTH MOMENTS

- Positive Emotion
- Engagement
- Relationships
- Meaning
- Accomplishment



Lesson Overview

Goal-setting instills a sense of direction, purpose, and motivation, guiding students to prioritize tasks effectively and make informed decisions. This skill not only enhances academic and professional success but also contributes to personal growth, resilience, and overall well-being. In this lesson, students consider principles for effective goal achievement and reflect on the importance of goal-setting, not only linking it to outcomes but also to time management and focus. Students explore personal goals, examine the pitfalls of adopting others' objectives, and consider the impact of personal connection on goal attainment. The lesson deepens as students learn about SMART goals, reflect on their aptitudes and values, and actively set SMART goals for themselves. This comprehensive approach addresses both the practical and psychological aspects of goal-setting, fostering an intentional and motivated mindset for the students.

DIRECTIONS: This lesson is designed to be taught over two days.

Day 1

- **WHOLE GROUP (15 min.):** Show the video [5 Key Principles to Achieve Your Goals Effectively](#) (7:09 min.). As students watch the video, they should write down the speaker's five principles on scratch paper.
- The class will now discuss how setting goals not only helps achievement, but it also helps with time management and focus. Say or paraphrase: *Setting goals is important not only to achieve outcomes, but also to help us with time management and focus. When we establish clear and specific goals, we create a roadmap that guides our actions and decisions. This structured approach helps us use our time and resources wisely, as priorities become evident. Having well-defined goals also provides a constant source of motivation, helping us stay focused on our objectives. When we focus our efforts toward specific targets, it helps us to minimize distractions, increase productivity, and maintain a disciplined and purposeful approach to tasks and responsibilities.*
- **MENTAL HEALTH MOMENT (20 min.):** Assign small groups of two to three students and ask them to discuss the questions below. Allow approximately 2 minutes to discuss each question before asking volunteers to share. (Questions are continued on the next page.)
 - What are some of your goals in life? What is motivating you to achieve these goals?
 - Do we ever fall into the trap of making other people's goals our own goals? How?

Day 1 continued on next page

Day 1 continued

- How likely are you to achieve a goal if you don't connect with it personally?
- How can you establish goals in school that motivate you, even when you may not like the class or activity?
- Now, make a transition with the following statement: *In order to meet goals, we have to manage the time in our day. That requires the life skill of time management. This is especially true if we have more than one goal to work toward.* Have students discuss this question:
 - What are some good strategies that you or other students have used to meet more than one goal in the same week?
- **JOURNAL WRITING (5 min.):** What are some of your daily decisions that support your big life goals? What are some of your daily decisions that could sabotage your big life goals?
- **PURPOSEFUL PLAY (20 min.):** Students should consider how their small decisions in their game either lead them to success or failure in their game objectives.

Day 2

- **WHOLE GROUP (10 min.):** Have students turn to the "SMART Goal Setting" worksheet and follow along as you summarize the information or have students take turns reading parts of the worksheet aloud to the class.
- **INDIVIDUAL WORK (20 min.):** Students will now complete both pages of the "Goal Brainstorming" worksheet. This should be done individually to allow for honest reflection.
- **JOURNAL WRITING (5 min.):** Why is it important to put so much effort and reflection into setting goals? Would you have clear goals if you hadn't gone through the steps in this lesson? Explain your answer.
- **PURPOSEFUL PLAY (25 min.):** Students should consider how having clear objectives in video games helps them achieve the goals of the game.

MENTAL HEALTH MOMENT DAY 1

Students gain insights into effective goal-setting principles and the crucial mental health aspects of the process. Students analyze how structured objectives enhance time management and well-being, then reflect on their personal goals and motivations, fostering self-awareness and a deeper connection with their aspirations.



SMART Goal Setting

SMART Goal Setting

Following are components of an effective goal – one that describes performance standards that will tell us what goal-oriented behavior looks like. The SMART acronym can help us remember these components.

Specific--The goal should identify a specific action or event that will take place.

Measurable--The goal and its benefits should be quantifiable.

Achievable--The goal should be attainable given available resources.

Realistic--The goal should require you to stretch some, but allow the likelihood of success.

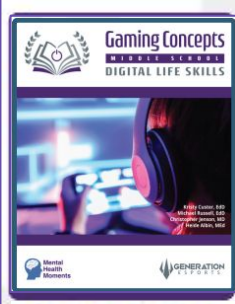
Timely--The goal should state the time period in which it will be accomplished.

Following are tips that can help you set effective goals:

- Develop several goals. A list of five to seven items gives you several things to work on over a period of time.
- State goals as declarations of intention, not items on a wish list. "I want to apply to three schools" lacks power. "I will apply to three schools," is intentional and powerful.
- Attach a date to each goal. State what you intend to accomplish and by what time. A good list should include some short-term and some long-term goals. You may want a few goals for the year, and some for two- or three-month intervals.
- Be specific. "To find a job" is too general; "to find and research five job openings before the end of the month" is better. Sometimes, a more general goal can become the long-term aim, and you can identify some more specific goals to take you there.
- Share your goals with someone who cares if you reach them. Sharing your intentions with your parents, your best friend, or your instructor will help ensure success.
- Write down your goals and put them where you will see them. The more often you read your list, the more likely you are to get results.
- Review and revise your list. Experiment with different ways of stating your goals. Goal setting improves with practice, so practice with different wording and revisions.

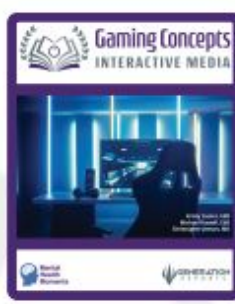


Find Out More!



**Middle School:
Digital Life Skills**

Empower middle school students with essential digital life skills through esports-inspired courses.



Interactive Media

Immerse students in the realm of digital creativity. From mastering digital graphics to animation and audio & video production, unlock limitless possibilities.



Computer Applications

Gives students the opportunity to explore the world of digital technology through real-world, project-based experiences found in the gaming industry.



Streaming

Empower students fascinated by esports and streaming to plan, research, reflect, edit, and refine their public speaking skills. Our streaming course opens doors to a world of content creation.



Shoutcasting

Aligned with national broadcasting standards, our shoutcasting curriculum transforms students' perceptions of journalism, providing a unique perspective and igniting interest in this dynamic career field.

Want to talk more about Gaming Concepts?

Visit
generationesports.com/schedule-a-call

