



Erasmus+ “Helping and Learning Without Borders” Project’s number: 2020-1-PL01-KA229-082145

Topic: Reflective student, reflective teacher - how to set educational goals and achieve them effectively.

Date: 05.11.21

Class: 1P

Instructors: Izabela Zdańkowska, Patrycja Zbieranek-Pietraszczyk

Lesson Objectives:

1. The student thinks of learning as a process over which he/she has influence.
2. The student plans learning independently.
3. The student sets his own educational goals and ways of achieving them.
4. The student takes concrete actions that bring him/her closer to achieving the goal.

Course of the lesson:

1. Warm up: reminder of the main idea of the project: *We do not learn from experience...We learn from REFLECTING on experience* (John Dewey) As an introduction and inspiration, students are introduced to the guidelines developed by the Erasmus + international project team: **Reflective learners, Golden rules for a reflective learner, Questions for a reflective learner.**
2. Workshop work on setting one's own goal and the way to achieve it (using the GROW model)
 - a) pupils set their educational goal according to the SMART principle (trainers give examples of goals, remind what the SMART principle is), they write them down on cards and stick them to the board in the GOAL column.
 - b) pupils describe their educational reality (the trainers ask auxiliary questions about strengths, deficits, resources, limitations), they write them down on cards and stick them to the board in the REALITY column.
 - c) pupils generate different solutions and ways to achieve the goal, write them down on cards and put them on the board in OPTIONS column.
 - d) pupils plan the first step (what? and when?), they write it down on cards and stick them to the board in column WILL DO.
3. Class discussion:
 - a) which stage was the most difficult

- b) what was the easiest thing to identify
- c) why we are doing this activity
- d) general impression of the lesson

Conclusions for further work:

- encourage students to set their own specific SMART goals (short and long term)
- inspire students to look for different solutions
- try to transform the educational problems into specific goals/challenges
- support students in goal setting process

(the above activities can be done as a whole 45 min lesson or as a simplified version for the lesson summary and homework motivation)



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