

Lesson #7: Triumphs and Setbacks

Teaching Students to Recognize Factors That Help Achieve Goals

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Purpose

- To help students recognize their strengths and areas of development; support systems
- To teach goal-setting
- To help students cope with setbacks and to recognize behaviors that lead to achieving their goal
- To support composition goals through use of literature

Reflection

- Thinking back to your high school or college days, make a list of goals you wanted to achieve—whether you were successful or not. Examples: joining band, earning an A in math, gaining entrance to your dream college, winning a scholarship

Quick Write

- Choose one goal and spend 5 minutes writing. Did you achieve your goal? Why or why not? What factors helped you get there?
- Turn to someone next to you and share your quick write, then switch, paying particular attention to factors—internal and external—that helped you achieve your goals.

Through a Literary Lens

- Using excerpts from Reyna Grande's *The Distance Between Us*, examine the successes as well as disappointments Grande experiences. How did she cope with disappointments and setbacks? How did she celebrate her successes? Who supported her throughout? What factors helped her achieve her goals?

Group Work

- After reading an excerpt, determine whether the moment was a triumph or low. Then, discuss what factors—internal and external—helped Grande achieve the goal (if triumph) or cope with the low.
- When completed, record your reading's triumph or low on the chart. Share out to the rest of the group by summarizing your reading and sharing your discussions regarding internal and external factors.

Sample Goal Setting: Reyna Grande

- Goal: Reyna set the goal of attending college
- Actions or steps: 1) enrolled at community college despite lack of support from her father
2) broke up with her boyfriend; 3) stopped pursuing a job
- Internal Factors: determined to gain degree
- External Factors: some family support
- Habits/Factors that could serve as obstacles: financial need; desire to please father; family problems

Goal Setting: Turning the Lens on Ourselves

- My Goals this semester:
- Actions or steps I need to take in order to achieve this goal:
- Internal factors/qualities I will need to achieve my goal
- External factors/qualities I will need to achieve my goals
- I have several habits that could interfere with my goal

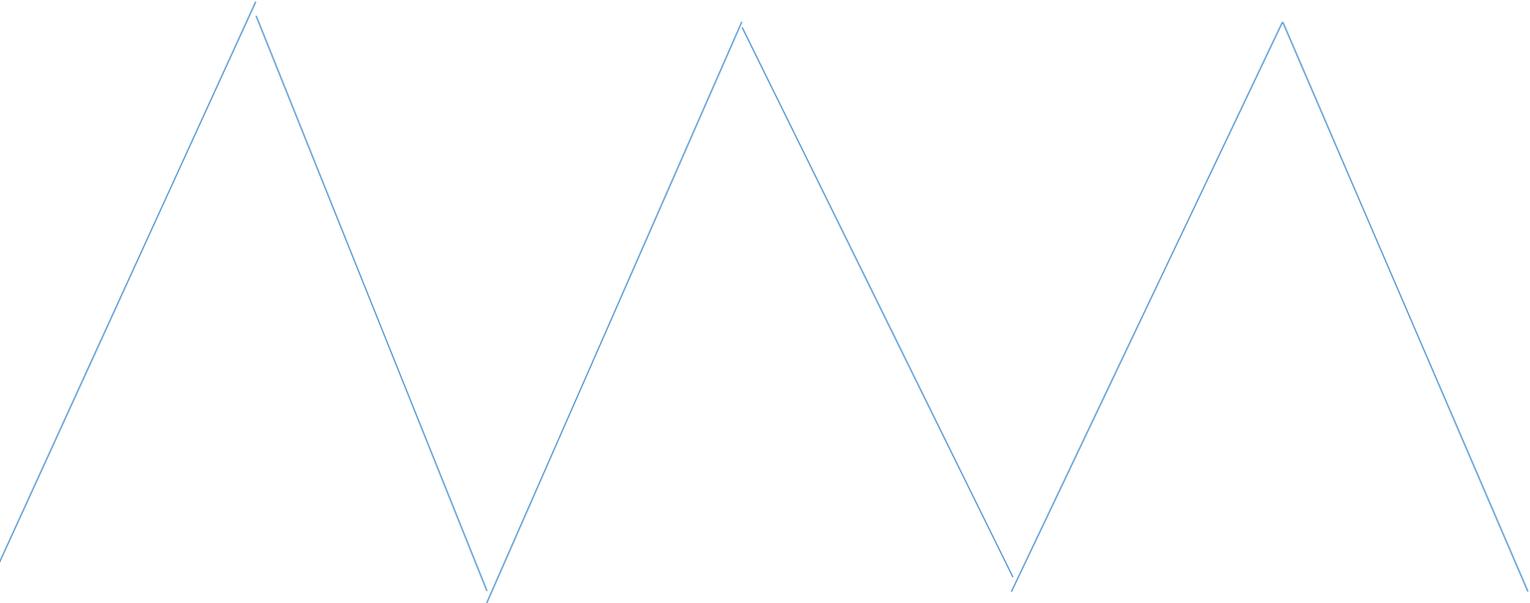
Chart of Triumphs and Lows

Sample: Reyna Grande's life

Triumphs

graduated from high school

enrolled at Pasadena City College

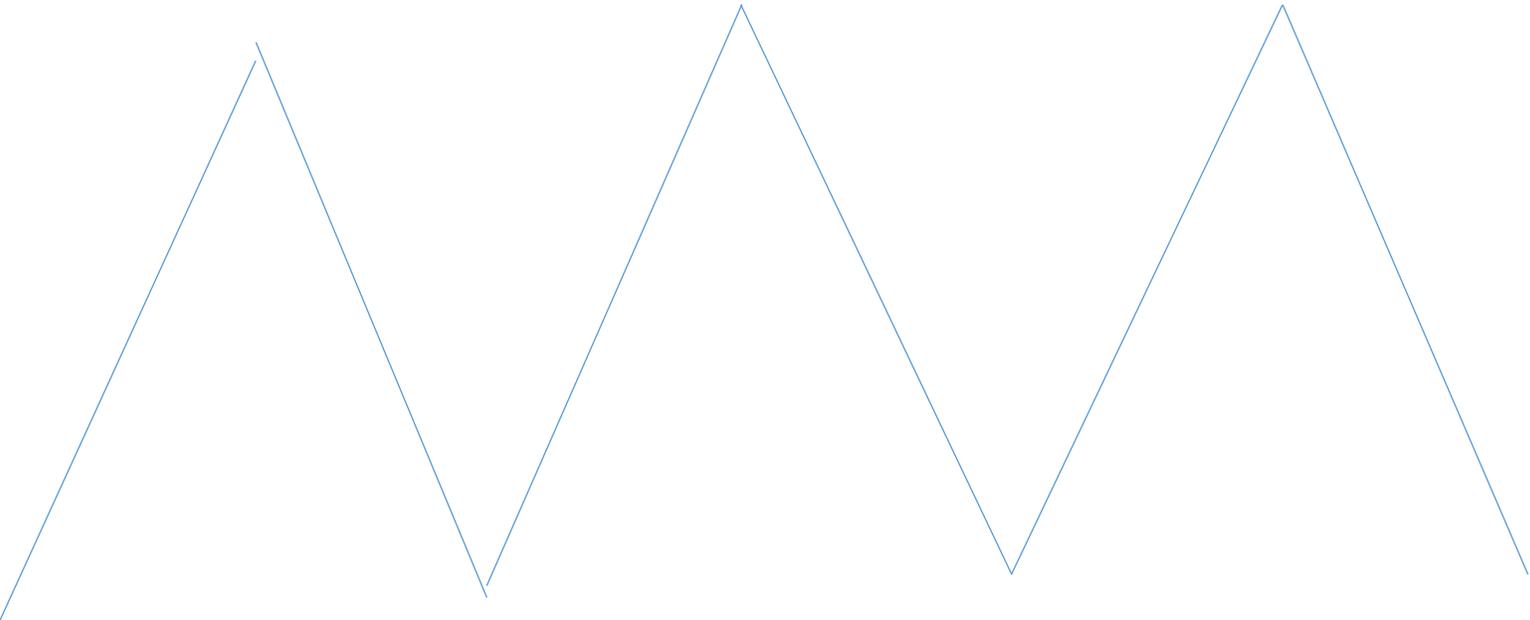


Lows

Father prevented from enrolling at UC Irvine

Chart of Triumphs and Lows Student

Triumphs



Lows

Student Goal Worksheet

1. My goal this semester
2. Actions or steps I need to take in order to achieve this goal
3. Internal factors/qualities I will need to achieve my goal
4. External factors/qualities I will need to achieve my goals
5. I have several habits that could interfere with my goal