

TEACHING PRESENTATION LESSON PLAN TEMPLATE

Lesson Topic: Goal Setting/Change in Counseling

Learning Outcomes: List at least 2-3 learning outcomes for the lesson.

1. Students will define goal setting and change.
2. Students will practice using goal setting and change.
3. Students will integrate goal setting and change into treatment plan development

Class Knowledge: What will you build on? How will you link this to prior lessons or concepts?

I will build on the basic skills and start teaching advanced skills for the students to practice.

Students reviewed last week's class assignments and

Timeline, Strategies, Resources, and Rational Chart

Time allotted	Teaching Activity	Resources Needed	Rationale
3 minutes	Reviewed last week's assignments	PowerPoint	Checking in with students to see if they had any problems from last week's assignments.
5 Minutes	Reviewed Goal setting	PowerPoint	Review and answer any questions on what has been discussed on Goal Setting.
5 Minutes	Discussed further information on goal setting	PowerPoint	Added new information on goal setting.
3 minutes	Introduced the Acronym SMART goals to students.	PowerPoint	I Briefly went through the Acronym as it is discussed in the video shown later.
6 minutes	Explained how goals are tied into the treatment plan along with objectives and interventions	PowerPoint	Introduced treatment planning through goals, objectives, and interventions
5 minutes	Ame examples of each area, goals, objectives, and interventions	PowerPoint	Demonstrate what each would like in a treatment plan
6.5 minutes	Showed video concerning Acronym SMART Goals	PowerPoint Video	The video does a great job explaining with examples
10 Minutes	Practiced goals setting	PowerPoint	Allows students to practice and get some

			feedback.
10 minutes	Introduced the stages of change	PowerPoint	Allows students to understand how change is a key factor in developing goals, objectives, and interventions.
3.5 minutes	Discussed what areas they will practice in videos for the upcoming week	PowerPoint	Gives students an idea of what to practice in videos for the week.
3.0 minutes	Gave some ideas for potential topics	PowerPoint	Topics for students to use.