

# Growth Course Lesson Plan Template

**Title.** Make it descriptive and enticing.

**Goal.** Completed this sentence: “Students will learn how to\_\_\_\_\_”

**Student Preparation.** What can students do to prepare for this lesson?

(These three items comprise your course description.)

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**Main Takeaway.** Imagine a student finishing this lesson and then telling someone who wasn't there a story about what they learned. What would you want them to say?

**Activities.** List each activity's goal, instructions, and time to completion. Involve the students as much as possible. Keep lectures to a minimum. Design the lesson for a maximum of 80 minutes so that there are 10 minutes at the end to complete the goal worksheet.

Goal (Learn how to...)	Instructions	Minutes to complete

**Evaluation.** This is where students do most of the learning. What questions would you ask students (or students ask themselves) to evaluate what they've learned? List some common mistakes and hints to avoid them?

**Materials.** List the materials you will provide to students like worksheets, digital files, physical handouts:

**Work Output.** List the artifacts students will create, completed worksheets, files, etc.

**Next steps.** Suggest several goals someone who wants to continue developing this skill might make. Make them specific, measurable, and achievable within a few weeks or months work.

# Example Lesson Plan

**Title.** Use Goals to Help You Focus

**Goal.** Connect to one of the most powerful forms of motivation, what's called the *Growth Mindset*. Make learning hard things easier and mundane things more interesting by carefully crafting goals that help you focus and get into Flow. Start a map of your professional growth.

**Student Preparation.** Making mistakes is the only way to success. Come prepared to make a few.

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**Main Takeaway.** I never thought goals could be so helpful. I want to make a game of everything I do. Even stupid stuff can be fun.

**Activities.** List each activity's goal, instructions, and time to completion. Involve the students as much as possible. Keep lectures to a minimum. Time the lesson to 80 minutes so that there are 10 minutes left to do the worksheet.

Goal (Learn how to...)	Instructions	Minutes to complete
Learn how goals effect performance in real time. Plus warm up the new group.	Play ball, trying to keep the ball in the air. Adjust techniques, adjust communication, and then try setting goals.	15
Evaluate goal setting in ball play	Discuss how goals effect performance.	4
Connect to one of your most important dreams, and the next steps toward them.	Write down one thing you know you want to do before you die. Connect it to something you know you can finish this year, and then this week.	6
Evaluation	Check "resonance" Is the goal S-M-A?	10
<i>This example only shows the lesson plan for the first third of this lesson.</i>		

**Evaluation.** When you look at your goals for the day or for the week, what do you do if one of them seems daunting, too difficult, or too vague?

If a goal seems boring and tedious, what can you do to make it more interesting?

If you keep procrastinating on a goal, what can you do to make progress?

**Materials.**

- Ball
- 3x5 cards
- Goal worksheet

- SMART & SEXY goal checklist

**Work Output.**

- Draft of their professional goals for growth and technical skills.
- One goal for the next few weeks.

**Next steps.**

- Learn how to plan a great week in 20 minutes
- Plan next week.
- Make next week's plan include SMART & SEXY goals
- Ask someone in your cohort to discuss and evaluate each other's goals. Are they "good goals?"