

## Check & Connect – Goal setting

**Stephen Renouf (Amo | Dean Papatoetoe High School):** Setting targets and career objectives, and choosing your courses, is one of the toughest things that we ask a student to do. For the most part, students, particularly at Year 9 and 10, wouldn't have a clue what they want to do. They don't have enough life experience to know where they want to head with that stuff.

**Osaiasi Kupu (kaiurungi | coordinator Tāmaki College):** We talk about goal setting, but sometimes, even for grown ups, it's really hard to understand how to build or set a goal. When it comes to understanding what a goal is, you've got to actually break it down to make it simple and to keep it simple.

**Dr Karen Dobric (Tumuaki Tuarua | Deputy Principal Papatoetoe High School):** They can't do it without support.

**Jonas Leatio'o (kaihoe | mentor) talking to Muru (student):** If they can see the progress from one week to another, then maybe that can give them a bit of motivation, like, "Oh hey, this actually works". You have a destination for where you want to go.

**Georgia Drake (kaihoe | mentor):** Sometimes I'll get my young person to close their eyes and try and walk in a straight line. And then:

"Oh, how was that for you, closing your eyes and then having to walk?"

"It was actually really hard. I thought I was going to fall over".

"Okay, now we're going to do it with our eyes open".

"Oh, that was easy. I was just walking".

"Oh, cool".

So then if you think about that, as in goal setting, sometimes when we're walking in a direction, we don't know where we're going, that's like walking with our eyes closed.

**Leo (student):** My goals were just focusing on school, finishing work and stuff like that. Just little goals because it still makes a difference at the end of the day.

**Leo Aholelei (kaihoe | mentor):** Setting little achievable goals and celebrating those little ones, come to school, attending class. You know the attendance might bump up by 1 or 2%, and to teachers that might not be a big deal, but see the students faces when you show them the numbers, man. Their friends want to know their numbers. I know I've been involved with sports and I understand, like, you know, everyone has a little competitive nature, so we're just holding that lightning in a bottle for as long as you can. And then once that fizzes out, we're working to something else, and then trying to hold on to that for a little bit longer and see how that goes.