Suggested Learning Activities

Obstacle Course

Objectives
- Assess obstacles to attainment of personal goals.
- Develop strategies for overcoming obstacles.

Procedure
- Have a class discussion to stimulate ideas about goals students may have. Ask each student to choose a short-term goal for this activity.
- Guide students through the following steps, allowing time for class discussion and writing out responses. Students may work in pairs at times.

1. Identify and categorize obstacles:
   - Internal obstacles might include self-image, aptitudes, health, kinds of life experiences, or attitudes.
   - External obstacles might include family responsibilities, home/environment/locality, sex/age/ethnic origin, lack of education, job market, national or regional economy, financial resources, rules/regulations/laws, or attitudes of others.

2. Outline procedures to attain a goal:
   - Identify goal.
   - List obstacles.
   - List options or solutions.
   - Gather necessary information.
   - Identify values and priorities.
   - Design a plan of action.
   - Implement plan.
   - Evaluate plan.

Suggested Evaluation
- Student project: setting and attaining a short-term goal
- Student log of project