

# Spring Semester Goals & 1st Semester Reflection

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Section: 038

Instructor: Mr. James Miller



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# TOPIC

For my second lesson, my topic was reflecting upon students' first semester of college at Cortland. I then had a discussion about how students can work towards their goals and what they wanted to change over winter break and/or incorporate into the spring semester.



# PURPOSE

I wanted to do this lesson as I saw my students struggling throughout this semester with submitting assignments on time, attending class, and the general adjustment to independence and college. The conversation around college is a passion of mine, I love to help students with advice and just discussing the high school to college transition in general.

At the end of class I had students scan a QR code and complete a Google Forms survey. My instructor has not asked me to share the results with him, but I would be open to if asked.





# HOW I PREPARED FOR MY LESSON

I prepared a Google Slides presentation much like this one. I got some ideas from attending the Student Facilitator monthly debriefing meetings.

“Final Exam Schedule.” Final Exam Schedule - SUNY Cortland. Accessed December 2, 2021.

<https://www2.cortland.edu/offices/srrs/academic-calendars-exam-schedule/final-exam-schedule>.

“SMART Goals.” Corporate Finance Institute, July 23, 2021.

<https://corporatefinanceinstitute.com/resources/knowledge/other/smart-goal/>.

# PRESENTATION MATERIALS

The screenshot shows a Google Slides presentation interface. The title bar reads 'COR101 Lesson 2' with a star icon and a share icon. The menu bar includes 'File', 'Edit', 'View', 'Insert', 'Format', 'Slide', 'Arrange', 'Tools', 'Add-ons', and 'Help'. A status bar at the bottom indicates 'Last edit was 4 days ago'. The main slide area has a light brown background and contains the following text:

## Let's Reflect

Everyone will get an index card - DO NOT WRITE YOUR NAME ON IT

Everyone is going to write:

1. One thing I struggled with this semester. . .
2. One thing I want to work on in the spring is. . .

To the right of the list is a graphic of a lined index card. The slide number '1' is visible in the top left corner of the slide area. The left sidebar shows a table of contents with seven slides:

- 1. Spring Semester Goals & 1st Semester Reflection
- 2. Let's Reflect
- 3. Similarities & Differences?
- 4. Problems & Solutions
- 5. Prepare for Finals
- 6. Finals Wellness
- 7. SMART Goals

At the bottom of the slide, there is a text box that says 'Click to add speaker notes'.

I made a presentation and a worksheet that students were able to complete in class or on their own.

I created it with the intention that they would write down their final dates and times on a calendar so that they do not miss any and they know when everything is.

# PRESENTATION MATERIALS

**S.M.A.R.T. Goal Plan**

**S**PECIFIC What EXACTLY do you want to accomplish?

**M**EASURABLE How will you measure or track it?

**A**TTAINABLE With realistic effort, is this goal possible?

**R**ELEVANT How does this goal affect other areas of my life?

**T**IMELY When can I expect to reach this goal?

**2021 DECEMBER**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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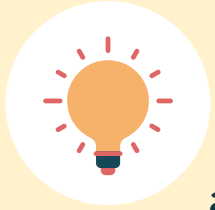
Front

Back

This was the worksheet I handed out during my lesson. When I put up the school's final schedule, the students began to copy down their dates and times, but in an attempt to keep moving, I sent them the link to fill out on their own time.

Most of the students filled out the SMART Goals but one student right in front of me left his blank.

# WHY I BELIEVE MY TOPIC IS IMPORTANT



My lesson topic is important because college is a huge adjustment, and especially during the pandemic, students' lives entering college have been completely transformed. This lesson asks students to look at what they have accomplished and how to look at the future and improve



# METHODS

- As a SF, in my lessons I have to include some activities to ensure student participation and engagement. The first part of my lesson asked students to write down one thing they struggled with this semester and one thing they wanted to improve upon for the spring, then they were instructed to crumple the post-it up, throw it somewhere in the room, and pick up a new one that was not theirs.
- Students read one another's struggles and goals, realizing they are more similar than they might think.
- We then discussed some solutions to the common problems students faced and looked ahead to finals and how students can face that with preparation but also wellness.
- I asked everyone to share their SMART Goal with the class as well, even if they wrote it on their worksheet.







# LEARNING OUTCOMES and OBJECTIVES



## LESSON TAKEAWAY

We are all struggling with similar things and we need to be kind to ourselves and our peers during these high pressure times.

## LESSON GOALS

The goal of my lesson was for students to realize they are not perfect humans but they should be proud of their completion of their first semester in college, in a pandemic nonetheless but there are things we can work on with effective goal setting.

# ASSESSMENT & FEEDBACK

What is something you liked about this lesson?

13 responses

I liked how Amanda made us right down what we want to better ourselves with, it really got me thinking of what I want to do better.

I liked the advice you gave and the throwing of the post it

the hands on portion

Helps fight stress and anxiety

i am not alone in my struggles pertaining to time management and resilience to do work on time

The facts it told us how to set goals for finals week

It was interactive

I liked the interactive part of the lesson with the post it note

I like how engaging Amanda is. She brings humor into the class and makes sure to include everyone in the lesson.

It was engaging and fun to do together

It allowed me to feel less alone within my stress

I liked how it focused on how the students could take care of their mental health and well being. It wasn't all about how you could study better for finals.

The different ways to get through finals

What did you learn about yourself today?

13 responses

Today I learned that I need to manage my time better.

I need to organize myself better and hold myself accountable

a lot of people have the same problems/want to reach the same goals as me

That I am stressed and there's ways to fight it

i have a problem with putting off work and it's worse than i felt it was

I procrastinate till the last minute.

I seem more on top of things then I give myself credit for

I might not be as organized with my goals as I first thought, but its okay because others struggle so I am not alone.

I need to be better about time management. Less procrastinating and more focus.

That I need to make some changes

I'm not alone with my feelings of school and stress

I learned that I am not that great at making friends.

I over work

**This is my student feedback, they all summarized their learning and stated what their individual takeaways were, as this was a reflective themed lesson.**

# ASSESSMENT & FEEDBACK

What could I have changed/done better today?

13 responses

I could've done more work before class.

Nothing you did really good

i don't think anything

Understand other people's problems

spend a little more time on large scale projects that are coming up

NA

I dont know, i thought it was pretty good

Went a little slower

Not much. I think it was a really good lesson.

**I also asked students what I could have done differently and what they learned about their peers based off the activities they participated in and the information I presented.**

What did you learn about your peers today?

13 responses

I learned we all have to honestly work on the same things.

We all have the same issues

we're all in the same boat and we need to help each other to get through

We all have our problems knowones perfect

they are very similar to me and are going through the same struggles

They all have great goals

We all struggles with the same things

They have the same issues as I do.

We all have the same fears and goals for the future. We just want to succeed in college.

**They also have problems**

**We are all in this together**

**Everyone is bad at doing their work on time.**

**We like to sleep**

# REFLECTION

- I learned that my students want to do well, but they genuinely do not know how to approach time management or the independence that college provides. They need some guidance and need to lean on their peers who are in the same position as them.
- I learned that COR101 should be made more into a survival guide for first semester students rather than a class with disengaging lessons and irrelevant information, which it sometimes proved to be.
- I learned that as a presenter/teacher, I have to slow down and focus on bigger picture items instead of the super small details of a lesson so that students get the whole picture.
- This experience benefitted my college experience as I have always wanted to become a COR101 student facilitator after having such a good experience with my TA (at the time) and my class. I also think this experience aided in my preparation to student teach in the spring, allowing me to teach lessons, examine student work, work with an instructor, and take on the responsibilities of a teacher/professor.

