

29/9 Morning Assembly

Casting:

- Teacher (T) **Suki**
- 目標太低(L) **Step**
- 目標太高 (H) **Katie**
- 目標剛剛好 (M) **Sammi**

Step: Good morning Ms. Cheng, teachers, and fellow students. We are the representatives of class 6B.

Step: I am Stephanie.

Sam: I am Sammi.

Suki: I am Suki.

K: I am Katie.

Step: We are always told to set up new goals whenever a new academic year starts. Yet, concretely, how can we set a goal or how should we determine whether our targets are feasible? In spite of the heads up given by our monthly theme “Conducting evaluation and setting new targets”, the following story would guide you in setting practical targets.

M: Hey good morning! How was your summer holiday? Do you remember that we had set some targets together before the summer holiday, and guess what? I had accomplished it with flying colors.

L: Oh I have forgotten your targets. What are they?

M: Mine is to expand my vocabulary bank and to learn at least 3 vocabulary per week. So, I required myself to read for two hours per day. And guess what, I did learn a variety of vocabulary as well as expressions! I was satisfied with my results. How about you guys?

H: Don't mention it at all! I couldn't reach my targets. I wished to sharpen my calculation skills and improve my physical health. Therefore, I forced myself to do 100 mathematics questions and run 5 kilometers per day but I failed to do so. I was frustrated and I surrendered.

L: Haha! You are such a dummy and you know what. I did mine in a breeze! I limited myself not to play video games for more than 5 hours per day and not to eat more than twenty candies per day. Isn't it great? See, what a persevering person I am.

T: Good morning girls. It's been a long time since the summer holiday. I just heard your conversation about goals you set before the holiday. Congrats to Sammi that you're satisfied with what you've achieved. But, I heard that Katie couldn't achieve the goals? Can you tell us more about it?

H: I aimed at improving myself by doing 100 math questions and running 5 kilometers a day. I found that it was too difficult for me to finish all the tasks, and I always wanted to give up.

L: Haha! Katie, you should definitely learn from me! I persevered and accomplished my goal in a plain sail.

T: Wait. Katie, it's good that you have the intention to enhance your abilities. However, I think you're being too harsh to yourself. 100 math questions and 5 kilometers are undoubtedly too hard and seemingly impractical.

H: Oh really?! So how should I set a practical goal for myself?

T: Concerning setting goals, have you guys heard of the SMART strategy?

H: umm. SMART? I have never heard about it.

M: Oh, Katie, we learned that in our Music lesson in Form 1. SMART symbolizes the criteria that ensure objectives are achievable. The "A" stands for "attainable". We should make sure our goals are reachable. Doing 100 math questions might not be feasible as you'll find it drains you unwittingly while doing 30-40 questions would make much more sense.

L: Oh I get it. The reason why Katie failed to achieve the goals is that she was aiming too high, so it'll be difficult for her to persist.

M: Yes. If we set a goal that is beyond our reach, it will only demoralize us and erode our confidence.

H: Well, I would definitely bear that in mind. Oh, a smart goal should be "attainable". Wait, hold on, now I start to wonder if Stephanie's target was appropriate since her goal is too easy to be attained and a bit insignificant.

M: Yes Stephanie, your goal of not playing video games for more than 5 hours and not eating more than twenty candies per day is too low and not significant. You surely can think bigger and achieve higher.

T: You're right. Aiming too low is somehow limiting ourselves to reach higher. Well, at the same time, aiming too high would also dishearten us. So, it's all about the balance.

L: I got it Ms Lun. Never have I realized that my goal is that meaningless. I will also try to set SMART goals and make sure that my target is attainable but challenging. Ummm, but what exactly do I need to do?

T: You may ask Sammi for advice. Her target is a perfect example of showing what a SMART goal should be. Reading fiction for two hours per day fulfils the requirements of a SMART goal, and it is definitely attainable but challenging.

L: Oh I see, Sammi! Can you tell me how to set a SMART target?

M: Sure! First, I asked myself which area I want to improve by evaluating the comments from my teachers. Then, I realized that my vocabulary is not abundant so I decided to set a plan for myself. I made my goal clear as I understand what I want to improve. Later on, I include the date, time, and amount on my target. I read after my breakfast, in the afternoon, after dinner, and before I sleep. Since I want to make sure my goal is attainable, I would not push myself too harshly. I just urge myself to learn three vocabulary or expressions per week by reading fiction for two hours per day. I can then enjoy my reading and improve my language effectively.

L: That's amazing! I think I'll need to ask you guys if my goals are practical and perhaps we can give each other's advice.

H: That's a great idea. Why don't we think of our goals for the new school year now so that we can give comments to one another? For this new academic year, I would like to gain a higher level for the Chinese Language. In order to achieve so, I would get to know more about Chinese culture, including Chinese mythology, Chinese history, etc. I guess I am going to read two stories from the "Four Books and Five Classics" per week. Thus, I can enrich my content in Chinese writing through applying the stories as examples. Does this goal fulfill the criteria of SMART, Ms. Lun?

T: You get it. Now you're clear on how short-term goals help you achieve long-term goals. And it is absolutely a SMART goal. How about the others?

L: In this new academic year, I would like to consolidate my foundation in mathematics. By doing so, I am planning to solve 15 to 20 questions per day. What's more, I will evaluate all the mistakes I have made. I believe this goal can ensure a deeper understanding of every topic. Also, what Ms. Lun has mentioned is that we should consider the date, time, and amount when setting SMART goals. Therefore, my target will be done within a month. If I am able to accomplish it, I will try to set a higher one, and of course an attainable one. For example, I may start to work on 20 to 30 questions in the next month. I believe that my calculation skills can be improved after my hard work.

M: I am planning to work out at least three times a week and about 20 minutes each time. This can keep me physically active and healthy.

T: Wonderful. Now each of you grasps the skills in setting goals. Remember to stay motivated and empower your friends to persist in achieving the goals.

Katie: Dear schoolmates, we hope that listening to this short story will be helpful in setting new SMART goals for this school year and becoming a better person in future. Thank you.