

Program Information

Name of Program: Gamify your Goals

Created By: Rafael Gonzalez

Target Audience: All Grades / Entire Wing

Strategy for Implementation: Large group discussion, followed by periodic updates throughout the semester or quarter

Time of Year to Implement: Start of a semester or quarter (preferably 2nd quarter or semester, as the start of the school year already has so much going on)

Relevant Learning Goal: Life Skills

Specific Lesson Outcomes:

- Students will demonstrate competence in personal life skills required to live independently
- Students will practice steps for positive decision making
- Students will foster respect for self, others, and the community

Purpose: Students will set personal goals for themselves to achieve throughout the quarter or semester. Students will keep track of their own personal progress, which will be shared with the rest of the wing. The wing's total progress will be tracked, allowing everyone in the wing to encourage each other's progress and track milestones of their classmates and wing community. Goal of this program is to use the concept of "Gamification" to help encourage students to be more motivated to achieve their own personal goals. The wing and/or individual students may earn rewards based on milestones or whoever has made the most progress with their goals.

Planning and Preparation:

1. Distribute google sheet for personal goal tracking to individual members of the wing.
2. Fill out the google sheet for wing progress with the members of your wing.

3. Determine the frequency of goal check-ins (possibly every other week or every month)
4. Ensure students bring their computers to check to fill out the google sheet with their goals.
5. Decide group rewards and goals for the wing if they make enough progress as a group.

Possible Wing Rewards

- Pizza party
- Pie rc in the face
- Movie night
- Wing trip

Possible Individual Rewards

- Small gift cards
- Pie RC in the face
- Food trip
- Snacks

Track Sheet for Goals

https://docs.google.com/spreadsheets/d/1We_ZDhxs6x-aszRk-iTC50Tzr5l7J3eqqd08nsZcQwk/edit?usp=sharing

Program Agenda

1. A few days before hosting the program, tell students to think of some simple goals they have for themselves throughout the semester. Encourage students not to limit themselves to only academic goals.
2. Have students bring their computers to the program so they can follow along and fill out the Google Sheet for the program.
3. Tell all of the students to choose 3 goals for themselves that can be easily tracked week by week. Tell them to determine how they measure their progress on the goals. (example goals are included in the spreadsheet)
4. Explain the rewards the wing can earn. If you would like, ask for their input on what rewards for the wing could be.
5. End program and encourage students to work towards their goals

Canvas Questions

1. Do you normally have trouble following through on your goals?
2. Do you think this system will help encourage you to follow through on your goals more so than you normally would?
3. Have you ever implemented a similar incentive based goal system for yourself?

Supplemental Materials

<https://sites.google.com/site/falklieder/practical-rationality-blog/gamification>

<https://www.gamification.co/2013/01/02/how-to-gamify-your-goals-a-step-by-step-guide/>