

Outline of balancing tubes lesson to look at goal/gap structure

1. Think of a time when you wanted to do something, but you couldn't. You practiced and practiced until you could do it. Have students share.
2. Had a goal, made a plan, monitored your progress, and reached your goal.
3. We're going to think more about goal-setting in school with a fun activity.
4. Explain and demonstrate rules.
5. Have students do Trial 1
 - a. Determine Rubric score.
 - b. Make dot on graph for initial trial.
 - c. Write score into loop.
6. Set goal
 - a. Write goal into loop.
7. Talk about gap and how we need to make an adjustment/plan.
8. Have students lift flap and make plan for improvement.
9. Continue with additional trials.
10. What happens with the loop over time? How does the graph show us that?
11. Closure: Connection to the Homework Simulation and setting goals in school