

# CC&S Session #5: Lesson Plan

## Core Activities:

- Use parking lot to address questions/topics
- Complete Activity: SMART Goals

## Supplies Needed:

- Session 5 handouts
- Flip Chart
- Markers
- Nametags
- Session 5 PowerPoint
- SMART Goals Activity Handout
- SMART Goals Postcard
- Check Your Understanding Posttest
- Check Your Understanding Posttest Key

## Knowledge Objective:

- Understand what a SMART goal is
- Create their own SMART goal

## Behavioral Objectives:

Participant will be able to:

- Plan how they are going to achieve their SMART goal

## Participant Handouts:

- Participant Consent Form
- Session 5 SMART Goals Handout
- Check Your Understanding Posttest

## Advance Preparation:

- Make handouts for registered participants
- Set up computer with PowerPoint
- Set up 'Parking Lot'
- Sign-in sheet. To track attendance across CC&S sessions, please use the same Sign-In Sheet from Session 1

# Doing the Lesson

Learner Objective	Materials	Recommended Activity
Understand class format and program background	Facilitator Guide Ground Rules Parking Lot	<ul style="list-style-type: none"> <li>• Sign-in participants</li> <li>• Introduce yourself</li> <li>• Handout and collect signed consent forms to anyone new joining the class</li> <li>• Review 'Class ground rules' and 'parking lot' from Session 1</li> </ul>
Identify the goals and objectives of the CC&S SMART Goals session.	<ul style="list-style-type: none"> <li>• CC&amp;S "SMART Goals" handout</li> <li>• Power Point</li> <li>• CC&amp;S Objectives</li> </ul>	<ul style="list-style-type: none"> <li>• Share details of handout including key points in left column.</li> <li>• Begin lesson using PPT slides.</li> <li>• Read objectives. Remind participants that you are not a medical expert and information is meant to provide basic information.</li> <li>• Give "SMART Goals" handout</li> </ul>
Learn the five categories in the SMART Goals acronym	CC&S "SMART Goals" handout	Show PPT Slide: SMART Goals Explain that the 'SMART' in SMART Goals means that the goals are: <ul style="list-style-type: none"> <li>• <b>S</b>pecific</li> <li>• <b>M</b>easurable</li> <li>• <b>A</b>ttainable</li> <li>• <b>R</b>ealistic</li> <li>• <b>T</b>imely</li> </ul>
Explain what a specific goal includes	CC&S "SMART Goals" handout:	Show PPT Slide: Specific <ul style="list-style-type: none"> <li>• Share with the participants that a specific goal includes who, what, where, when and how the goal will be met.</li> </ul>
Understand what a measurable goal is	CC&S "SMART Goals" handout: Measurable	Show PPT Slide: Measureable <ul style="list-style-type: none"> <li>• A measurable goal answers the questions, "How much?" "How many?" and "How will I know when I have accomplished my goal?"</li> </ul>
Learn what an attainable goal includes	CC&S "SMART Goals" handout: Attainable	Show PPT Slide: Attainable <ul style="list-style-type: none"> <li>• Choose a goal that is important to you</li> <li>• Develop the attitude, ability, and skills to reach your goal</li> <li>• See what new ways you can achieve your goal</li> </ul>
Define what a realistic and timely	CC&S "SMART Goals" handout:	Show PPT Slide: Realistic & Timely <ul style="list-style-type: none"> <li>• A realistic goal is one you the participant is</li> </ul>

goal is.	Realistic & Timely	<p>willing and able to make</p> <ul style="list-style-type: none"> <li>The goal has a specific time frame</li> </ul>
Understand the SMART Goal through the example	CC&S “SMART Goals” handout: SMART Goal Example	<p>Show PPT Slide: SMART Goal Example</p> <ul style="list-style-type: none"> <li>Share the SMART Goal example of eating more vegetables</li> <li>Go through each step of the SMART goal of eating more vegetables</li> </ul>
Use Activity: SMART Goals Postcard	CC&S “SMART Goals” handout: Activity: SMART Goals Postcard	<p>Show PPT Slide: Activity: SMART Goals Postcard</p> <ul style="list-style-type: none"> <li>Follow SMART Goals Postcard Activity Instructions to lead participants in writing their SMART Goal.</li> <li>Collect the SMART Goal postcards with the participant’s address.</li> </ul>
Determine knowledge gained through CC&S lessons	CC&S “SMART Goals” handout: Activity: Check Your Understanding Posttest	<p>Show PPT Slide: Activity: Check Your Understanding Posttest</p> <ul style="list-style-type: none"> <li>Administer Posttest.</li> <li>Collect Posttest before reviewing answers with participants (participants have changed answers in the past)</li> </ul>
Clarify any questions related to the lesson	CC&S “SMART Goals” handout	<p>Show PPT Slide: Questions?</p> <ul style="list-style-type: none"> <li>Answer questions or refer participants to resources listed in the handout to have questions answered</li> <li>If necessary encourage participants to ask questions of their healthcare provider.</li> </ul>
Appreciate class participation	CC&S “SMART Goals” handout	<p>Show PPT Slide: Thank you!!</p> <p>Thank participants for their participation in the class.</p>

### ✓ **Comprehension Check**

- Administer “Check Your Understanding” Posttest.
- Review parking lot.

### **Additional facts related to the lesson**

- See ‘SMART Goals Activity Instructions’ and/or watch ‘SMART Goals Activity Facilitation Demonstration Video’ and ‘SMART Goals Activity Participant Goal Example Video’ at [cancerclearandsimple.org](http://cancerclearandsimple.org).

### **Additional information to tell participants**

- Remind participants to follow through with their SMART Goal.
- Encourage participants to complete their recommended cancer screenings.
- Encourage participants to share what they have learned so far with a family member or friend.