



MBS INTERNATIONAL SCHOOL

GOAL SETTING

SESSION: 2019-20

TOPIC : 'GOAL SETTING'
DATE : APRIL 5, 2019
ATTENDED BY : Grade IX & X
VENUE : School Auditorium
RESOURCE PERSON : Ms. Shiny Benjamin

"Be an inspiration to yourself and you will be an inspiration to others."

The students of Classes IX and X had an opportunity to attend a workshop on 'Goal Setting' on April 5, 2019.

The facilitator addressed the students on issues pertaining to setting goals in life, coping with exam stress, organizing time and resources so that they can make the most of their life. A visual overview of the SMART goal setting concept, (Specific, Measurable, Attainable, Realistic and Timely) was presented which guided them to understand how to outline their goals. The students were encouraged to set goals to help develop critical thinking skills, new problem solving techniques, and a better understanding of how to overcome challenges.

Successful stories of legends were shared who succeeded against the odds, persisting in the face of doubt, possessing true grit, focusing and maintaining determination to never quit until the goal is reached.

The students actively participated in brainstorming, interactions and discussions. The relevant context of the session fortified the fact that '*Goals setting at the right time is a roadmap for a successful education and life.*'