SMART: Goal Getters
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EDLD 5305: Disruptive Innovation
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February 14, 2025

<center>**Literature Review**</center>

Personal and Academic Growth

Sometimes students don't have the intrinsic motivation needed to carry them through the day; setting a daily goal would help with that. Setting daily goals can be a transformative practice for students, providing structure and purpose to their day. The middle schoolers at Aldine Middle School would establish clear objectives each day, focus their efforts on specific tasks, enhancing productivity and efficiency. Daily goals can be created digitally through the Adobe Illustrator app, which the district provides to all teachers and students. Using the one-to-one laptops on campus during morning holding spaces, students can use that time to login and set their daily goals. Daily goals also serve as a source of motivation, giving students a sense of direction and accomplishment as they achieve each target. This practice encourages better time management, helping students prioritize their activities and make the most of their time. Additionally, setting and achieving daily goals can boost self-confidence and foster a sense of responsibility. It also promotes resilience, as students learn to navigate challenges and stay committed to their objectives. Overall, daily goal setting is a powerful tool for personal and academic growth.

Intrinsic Motivation is Necessary

In some of the Aldine Middle School classrooms students are not given the opportunity to talk about or set daily goals. We must provide environments where students can engage in innovative, real-world experiences they find meaningful (Nielsen, 2016). Some of the 6th graders have decreased motivation. Being new to a middle school campus, some students are not intrinsically motivated and somewhat intimidated. Without external support, the student may lack the necessary resources and resilience to achieve their goals independently. Students have a

fixed mindset instead of a growth mindset and therefore are missing opportunities for growth. There is a lot that we can do to change mindsets, but there are three things that any of us can do to instill a growth mindset in ourselves and those around us. First recognize that the growth mindset is not only beneficial, but it is also supported by science. Neuroscience shows that the brain changes and becomes more malleable (Briceno, 2012). Some AMS students lack direction and as we know when they lack direction, they will find something else to do, whether good or bad. Create a significant learning environment that promotes choice, ownership & voice through authentic learning opportunities (Harapnuik, 2020). How then do we get people who like this stuff (traditional education) to like new stuff (digital learning environments) (Harapnuik, 2014)?

Start Each Day With a S.M.A.R.T. Goal

The start of each day can be used to have students set SMART goals for academics. If a counselor feels a particular student needs to also set behavior goals, that is something that can be set at the start of the day as well. In Blended, Summit believes that for students to feel successful and make progress every day, one essential element is empowering them to set individual learning goals for their own personal learning plans and then providing them with enough time and the right processes each day to make progress toward those individualized goals (Horn, M. & Staker, H., 2014). To set these goals, Aldine Middle School should embrace leapfrogging. Leapfrogging is about changing the game—creating something new or doing something radically different that produces a significant leap forward (Kaplan, S., 2012). Trying something new would spark interest. In the 2014 Internet Trends Report, Meeker reported that people care about education – 8 in 10 Americans say education issue is extremely / very important to them (Meeker, 2014). Using these findings, we should be optimistic in receiving support from parents and other community stakeholders, in our pursuit to have students set daily goals because it will

certainly help our students now and in the future. With everyone involved and parents having meaningful conversations with their children daily, SMART goals and accountability can truly drive positive change. Find ways to efficiently use what is going on to beam out information in lots of different ways to lots of different people constantly not once a month but daily and that is phenomenally important in trying to push a change along and make it successful (Kotter, 2011).

Students Should Track Daily Progress

Think about how often you've set a goal, like wanting to save money, lose weight, or travel more this year. Now imagine how much more powerful it would be to have an accountability partner who checks in on you, ensuring you're on the right track and offering encouragement along the way. Setting goals can be incredibly beneficial for students, especially when they have parents, teachers, counselors, and even laptops as accountability partners. These days, districts are taking a much more thoughtful approach when they purchase technology. They are considering what will work best inside their school buildings (Gordon, C., Bartnik, T., Flewelling, A., 2022). There is an opportunity while students are in the morning holding area, the cafeteria, and gyms can be turned into an innovative space. Let's bring innovation into the classroom or bring learning into those spaces so that we can educate our students in spaces that keep pace with the cars we drive and the homes we live in (Naasz, 2019). Max Ventilla, the CEO of AltSchool, stated each child defines their own experiences to learn in a way that feels natural, takes advantage of their curiosity and that doesn't try and corral them to learn this thing right now, in this way. And that's where technology plays a foundational role versus a superficial role (Ventilla, 2016). We can push students in a positive direction by allowing them to set their goals at the start of each day. It may be the same goals for a day or two and that's okay. In time, students will become motivated, accountable, self-confident, and most importantly change from

a fixed mindset to a growth mindset. If they encounter difficulties in finding a goal or lack the confidence to choose one on their own, artificial intelligence can provide valuable guidance and support. The AI generator can help them personalize their goals. Imagine a world where education is no longer a one-size fits all model, but a personalized journey tailored to the unique strengths, weaknesses and learning styles of everyone. This is the transformative power of artificial intelligence in education with AI learning becoming deeply personal (AI-Waves Channel, 2024).

Long-Term Success

Implementing SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound—empowers students to enhance their productivity, focus, and overall academic success by providing clear direction and fostering a structured approach to achieving their objectives. In conclusion, setting SMART goals daily is crucial for students' academic and personal development. SMART goals provide clear direction and help students focus their efforts on meaningful tasks. This practice enhances productivity and time management, ensuring that students make the most of their day. By achieving daily goals, students build self-confidence and a sense of accomplishment, which motivates them to tackle more challenging objectives. Additionally, daily goal-setting fosters resilience and perseverance, as students learn to navigate obstacles and stay committed to their plans. Overall, creating SMART goals each day equips students with the skills and mindset needed for long-term success and growth.

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