Session 23

goals, objectives and the future – Identifying goals for fun

WHOSE FUTURE GOAL 18: You will identify goals for recreational and leisure time outcomes.

It’s that time once again! Time to look at those goals that were written for you at your last IEP meeting. Time to write some new goals. Time to stay awake in class.

Let’s see...you’ve done employment and vocational outcomes, post-secondary education outcomes and residential and living outcomes.

What’s next?
Work, learn, live and... PLAY!

The most important outcome, of course!
A recreation or leisure outcome is what you expect to do with your spare time (and money!). Like exercising, doing sports, traveling or going to movies.

After all, all work and no play makes for a pretty dull life!

Of course, if your job is to play golf on professional golf tour all the time, then all work and no play means playing all the time. But, unless you great golfer, maybe it’s a good idea to go ahead and take a look at the recreational and leisure goals that have been included on your transition plan.

Time to look at goals related to the recreation and leisure time outcomes that were written on your current IEP. Take one more look at that School Record Survey Sheet from Session 5 to see if it gives you any ideas about what recreational and leisure time outcomes were selected for you.
If there was one of the outcomes listed, like those discussed in Session 17, there should be a goal written about that outcome.

Once you find the right goal, use your rules Session 19 to look at them more closely.

When you look at the goals you identified from your IEP that relate to recreational and leisure outcomes, use the Checklist to learn more about each goal.

Done? Finished? That’s it? Good!

Now you know what goals on your IEP are about recreational and leisure outcomes.

None there? Well, I think I’d protest. You have to do all the work for those other outcomes that aren’t nearly as fun. The least you can get in return is one lousy recreation and leisure goal.

But that was then and this is now. Back to the future! Time to come up with one recreation and leisure goal that you want to see in next year’s IEP.

Use the DO IT! process to come up with a recreation and leisure outcome you might like to work toward. That should be easy...all you have to do is choose between the 800,000 things you like to do with your spare time and money! When you narrow those 800,000 outcomes to one preferred outcome (remember prioritizing?), use the Workup to come up with a goal to reach that outcome.
**WIGOUT! Workup**

1. **Outcome identified in the DO IT! process:**

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

2. **Skills that I need to work on to achieve this outcome:**

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

3. **Which skill seems most important?**

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

4. **What would show I had learned this skill?**

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

5. **How long would it take me to learn this skill?**

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

**GOAL - I will**

(Write in the skill you will learn as an outcome, like in question 4)

by__________________________.

(Write in the date when you will be finished or how long it will take you to learn that skill, as in question 5)

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**Example**

1. **Outcome identified in the DO IT! process:** Paint using water colors.

2. **Skills that I need to work on to achieve this outcome:** Using the brush, mixing color, brush strokes.

3. **Which skill seems most important?** All of them!

4. **What would show I had learned this skill?** Paint a water color picture.

5. **How long would it take me to learn this skill?** Six months if I take classes at the recreation center in town.

**GOAL - I will** paint a water color picture

(Write in the date when you will be finished or how long it will take you to learn that skill, as in question 5)

by six months from when I start taking classes.

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Okay. Let’s look at what you’ve covered this session.

☑ You identified the r________ and l________ goals in this year’s IEP.

☑ You used a set of r____ to look at them more completely.

☑ You used a decision-making process to identify the recreational and leisure o_______ you might want to work on.
You wrote another recreational and leisure goal.

Before the next session, you should have:

- Finished evaluating your current recreational and leisure goals.
- Written another recreational and leisure goal.

Okay. So that’s it for now.
Session 23 Summary Sheet - Identifying goals for fun

WHOSE FUTURE GOAL 18: You will identify goals for recreational and leisure time outcomes.

☑ You identified the recreational and leisure goals in this year’s IEP.

☑ You used a set of rules to look at them more completely.

☑ You used a decision-making process to identify the recreational and leisure outcome you might want to work on.

☑ You wrote another recreational and leisure goal.
Session 23 – Identifying goals for fun

WIGOUT! Checklist

Recreational and Leisure Time Outcomes

Goal: _________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

(write the goal in the lines above)

Did you help write this goal? □ Yes □ No

Is this goal based on your unique interests and abilities? □ Yes □ No
If so, what interest or ability does the goal reflect?_______________________________
_______________________________________________________________________

Is this goal something that can be reached? □ Yes □ No

Is this goal one that you can control reaching? □ Yes □ No

Is this goal measurable? □ Yes □ No
If so, write how it can be measured.___________________________________________
________________________________________________________________________

Does it have a starting time and an ending time? □ Yes □ No
If so, when does (did) it start?________________________________________________
When does (did) it end?_____________________________________________________

Is it based on an outcome? □ Yes □ No
If so, what is that outcome?_________________________________________________