

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're a 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**,

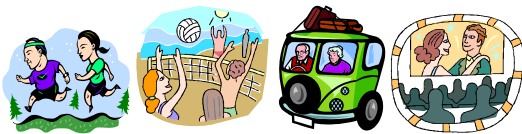


there should be a **goal** written about that outcome.

Once you find the right **goal**, use your

WIGOUT! 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,



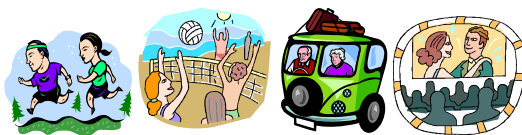
use the **WIGOUT!** **Checklist**



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**,



right?

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

WIGOUT! **Workup** to the



come up with a **goal** to reach that outcome.

WIGOUT! Workup

- Outcome identified in the DO IT! process:** _____
- Skills that I need to work on to achieve this outcome:** _____
- Which skill seems most important?** _____
- What would show I had learned this skill?** _____
- 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)

Example

- Outcome identified in the DO IT! process:** Paint using water colors.
- Skills that I need to work on to achieve this outcome:** Using the brush, mixing color, brush strokes.
- Which skill seems most important?** All of them!

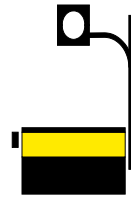
- What would show I had learned this skill?** Paint a water color picture.
- How long would it take me to learn this skill?** Six months if I take classes at the recreation center in town.

GOAL - I will paint a water color picture

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

by six months from when I start taking classes.

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



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

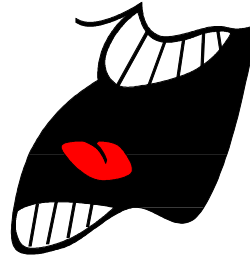
leisure g_____.



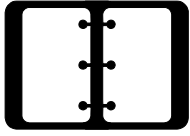
Before the next session, you should have:

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

Okay. So that's it for now.



Later.



Session 23 Summary Sheet - Identifying goals for fun

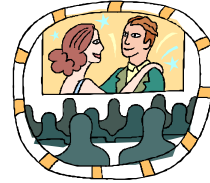
WHOSE FUTURE GOAL 18: You will identify goals for recreational and leisure time outcomes.

- ☒ 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.

WIGOUT!

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? _____
