

# Goal Setting 101

A Teaching Presentation by Marisa D. Webster



## Class Overview

In this class, students will learn what goals are and why it is important to set goals in life. We will also walk through an effective yet simple approach to goal setting. My goal is to teach children to believe in their dreams and set and achieve their goals!

## **Class Objectives**

1. Define what a goal is.
2. Discuss the difference between long-term and short-term goals.
3. Discuss why it is important to set goals.
4. Walk through my “Triple W and A” goal setting approach.
5. Share extra tips that can help in the area of goal setting.

(Total class duration is about 30 minutes.)

## **In-Person Class Materials**

- If possible, I would love to use a screen to project my slide show presentation. However, if this resource is not available in the teaching space that is fine I can teach the class without it!
- A printer to print handouts for the students.
- A dry erase board if possible.
- Paper and pencils for the students.

## **Virtual Class Materials**

- Students will need a computer or any electronic device that can display video.
- Pencil and two pieces of paper.
- Access to the Zoom application.

## **Testimonials**

“My daughter liked the class and really liked the instructor.

She said that she wished it was longer than 30 minutes :)”

-Jennifer F.

“Rothko really enjoyed this class. He always wants to jump into projects without clearly defining the goal and then working out the steps. This was a great introduction to goal setting!”

-Elizabeth F.

“Great class to help my daughter learn an organized way to set goals. She used this process to set a goal to complete a project she has worked on but not yet finished.”

-Kim P.

“Very engaging. My son enjoyed it!”

-Harlet W.

## **About Me**

My name is Marisa Webster, I am a trumpeter, composer, and educator from Jacksonville, FL. I graduated from Douglas Anderson School of the Arts, received my bachelor’s degree in music with a minor in entrepreneurship from Florida State University, and a masters’ degree in Jazz Studies from Temple University. I love teaching and serving others and look forward to working with your student(s).

## **Booking and Rates**

Thank you for reviewing my class proposal!

If you are interested in booking the class, please contact me by the email address listed below and we can discuss scheduling a class date!

**Individual student rate:** \$10 per student

**Group class rate:** Please contact me and I would be happy to discuss compensation

## **Contact Information**

[Marisadwebstermusic@gmail.com](mailto:Marisadwebstermusic@gmail.com)