

The Overloaded Student



Scenario:

Jordan is involved in sports, student council, and honors classes. Lately, their grades are slipping and they feel constantly stressed. They want to succeed in everything but don't know how to manage it all.

Discussion prompts:

- What goals should Jordan prioritize right now?
- How can goals be adjusted when life feels overwhelming?
- What might help Jordan to set realistic, achievable goals?

The Procrastinator



Scenario:

Taylor has a big research project due in three weeks but keeps putting it off. They say they "work better under pressure," but their last-minute work often isn't their best.

Discussion prompts:

- What kind of goal-setting strategies could help Taylor?
- Are short-term goals more important than long-term ones?
- How can Taylor stay accountable to producing their best work?

The Big Dreamer



Scenario:

Alex wants to become a professional musician but hasn't been practicing consistently or taking lessons. They believe talent alone will get them there.

Discussion prompts:

- What steps should Alex take to turn a dream into a reality?
- What's the difference between a dream and a goal?
- How important is discipline versus natural talent?

The Fear of Failure



Scenario:

Zion wants to try out for the school play but is afraid of being rejected. They decide not to audition at all.

Discussion prompts:

- How does fear affect goal-setting?
- Is avoiding failure the same as failing?
- What would a healthy goal and actions to achieve that goal look like for Zion?

The Changing Path



Scenario:

Izumi has always planned to go to college for engineering, but recently discovered a passion for graphic design. Now they feel unsure about their future.

Discussion prompts:

- Is it okay to change goals? Why or why not?
- How can Izumi evaluate which path to pursue?
- Should long-term goals always stay the same?

The Social Pressure



Scenario:

Chris feels pressure from family to become a doctor, but they are more interested in starting a business.

Discussion prompts:

- How do outside expectations influence goals?
- Should Chris follow personal interests or family expectations?
- How can someone balance both?

The Fitness Challenge



Scenario:

Yuki wants to “get in shape” but doesn’t have a clear plan and gives up after a few weeks.

Discussion prompts:

- What helps to make goal setting more meaningful and attainable?
- How could Yuki make this goal less vague and more specific?
- Why is tracking progress important?

The Comeback Story



Scenario:

Devin failed an important exam and now feels discouraged about the class. They’re thinking of giving up.

Discussion prompts:

- How can setbacks shape future goals?
- What would a “bounce-back” goal look like?
- How can Devin stay motivated?

The Time Management Struggle



Scenario:

Kai spends several hours a day on their phone and then complains about not having enough time to study or sleep.

Discussion prompts:

- How do habits affect goal achievement?
- What small goals could help Kai improve?
- Should goals focus on outcomes or behaviors?

The Team Goal Conflict



Scenario:

A group project team has different ideas about what grade they want: some want an A, others just want to pass.

Discussion prompts:

- How do you set goals in a group with different priorities?
- What compromises might be necessary?
- Should everyone aim for the same goal?