BINGO

**OBJECTIVE:** Get 5 in a row of signatures (up/down, across, Diagonal)

**RULES:**

1. To get a bingo, you must have signatures from 5 different people
2. You may not say, “Sign my sheet!” You must ask them a specific question
3. PROVE IT- means you must demonstrate the sentence
4. First person to have 5 in a row yell BINGO!
Reflection

Why is this a useful activity?

When could you see yourself using it?
GOAL DEFINITION

A goal

is a general statement about a desired outcome with one or more specific objectives that define in precise terms what is to be accomplished within a designated time frame.

A goal may be performance-related, developmental, a special project, or some combination.
☑ Write a Goal related to BYSC
Goal setting & Motivation

How it relates to the past

Ego-oriented athletes
- Views success in terms of comparison, being superior to someone else
- Personal developments and improvements are irrelevant to competence

Task-oriented athletes
- Use levels of effort and task completion competence
- Sees success as improving a level of ability (improving 1 specific skill)
Coach influence

If a coach reinforces:

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Orientation</th>
</tr>
</thead>
<tbody>
<tr>
<td>High effort</td>
<td>TASK-ORIENTED</td>
</tr>
<tr>
<td>Specific treatment for players</td>
<td>EGO-ORIENTED</td>
</tr>
<tr>
<td>Creating rivalries among players to pump them up</td>
<td>EGO-ORIENTED</td>
</tr>
<tr>
<td>Constant cooperation</td>
<td>TASK-ORIENTED</td>
</tr>
<tr>
<td>Importance of learning new skills</td>
<td>TASK-ORIENTED</td>
</tr>
<tr>
<td>Giving punishment or negative feedback for mistakes</td>
<td>EGO-ORIENTED</td>
</tr>
</tbody>
</table>
Did You Stick To Your Resolutions?

**YES** 23%

**NO** 77%

Reasons For Not Sticking to Your Resolutions

- Got Lazy
- I Forgot What They Were
- I Never Believed In The Resolution Anyway
- Goals Were Too Ambitious
- Didn’t Have The Time

Your Resolutions Are Most Related To

- Being healthier and getting ripped
- Fame and fortune
- Finding a girlfriend
- Dumping my girlfriend
- Starting a new project
- Quitting a bad habit
- Other
MISTAKES IN SETTING GOALS

- too big
- too many
- not specific
- not written
Too BIG?
Too MANY

NEW YEAR'S RESOLUTIONS
1. lose weight
2. exercise
3. drink more water
4. quit smoking
5. earlier to bed
6. drink less
7. pay off credit cards
8. shave mom
9. remember birthdays
...
I want more walks!
Not SPECIFIC?

be better than you were yesterday.
WHAT’S WRONG WITH THESE?
GOAL SETTING

S - SPECIFIC
M - MEASURABLE
A - ATTAINABLE
R - RELEVANT
T - TIME-BOUND
Groups- Creating goals that get results!

In your groups...

1. Read the definition and be able to present it
2. Have 2 examples of goals that show it
3. Have 2 examples of goals that don’t show it
SPECIFIC
MEASURABLE
ACHIEVEABLE
RELEVANT
TIMELY
Getting youth to set goals...

1. Motivate them
2. Show them what they could have as a future (jail vs. snorkeling)
3. Set one together during 1-on-1 time & be accountable
4. Bring up goals often
5. Do follow up & check in meetings
6. **Celebrate** the wins!
Set your own...

Music to get in the reflective mood
Anybody want to share?

We will hold you accountable!
Responding to conflict

BYSC → Building relationships
Building trust

→ ???
Strategies

1. Cool down and self selected return w/goal (not a timeout!)
2. Assign the “troublemaker” an empowering role
3. Pair up a student leader with the “troublemaker” to look out for each other
4. Peace bench: have a seat on the bench until they can work it out (give structure & parameters)
5. Student peer mediators
6. Have one of your strong student leaders leader a practice for severe conflicts that need direct attention
7. Role playing- talk about ways to respond to conflict situations and get everyone’s feedback