

HealthChange® Four aspects of goal setting and planning: Speech Pathology



A speech pathology clinical example: Literacy

Scenario: An 8-year-old attends speech pathology to improve overall literacy skills

1. *Clinical target*
 - a. Improve reading ability to age-appropriate average (Year 2 reading level)

2. *Lifestyle and treatment categories*
 - a. Spelling ability
 - b. Vocabulary development / enhancement
 - c. Reading proficiency

3. *Personal goals*
 - a. Spelling
 - i. Sound and word games
 - ii. Sound worksheets
 - b. Vocabulary
 - i. Themes using child's interests as a guide (such as sport, food, transport)
 - c. Reading
 - i. Visual processing (matching games)
 - ii. Word games
 - iii. Short stories
 - iv. Chapter books

4. *Motivational drivers (Benefits)*
 - a. I'll be in the same reading group as my friend.
 - b. I'll be able to read quicker, it will be easier and I'll be less embarrassed to read in front of the class.
 - c. I'll be able to understand what to do (written instructions).
 - d. School will be a little easier and maybe a little more fun!

Result: The child is motivated to complete homework without being pressured by parents, thereby decreasing resistance and providing a faster and better outcome for the child; which has a positive impact on his/her learning and schooling experience.