



Goal Setting

Ideas for Today and Tomorrow

Objectives

- Identify the importance and benefits of goal setting to academic and personal life
- Create an academic and personal SMART goal

Why is Goal Setting Important?

- Increases the ease of passing difficult courses
- Increases goal setting skills for use after graduating
- Positively affects other areas of life
- Decreases stress and anxiety
- Increases concentration and self-confidence

Goal Setting Improves...

- Test preparation and test taking skills
- Time management
- Note-taking skills
- Problem solving skills
- Listening and communication skills
- Memory
- Motivation and determination
- Stress levels

SMART Goals

- Specific
- Measurable
- Achievable
- Realistic
- Timeline

How Did We Set Goals?

- Goal setting takes time, thought, and preparation
- Create
 - Action statement
 - Action plan
 - Deadline

Action Statements & Plans

How to start...

Goal: To get at least a B in Statistical Analysis

How: By studying, reading, and completing extra practice worksheets

Make it Specific & Measurable

"I will get at least a B in statistics by studying 5 hours per week, reading every chapter 2 times, and completing 1 extra practice sheet for each class."

*Make sure it is achievable and realistic

Set a Timeline

"I will have at least a B in statistics by the midterm by studying 5 hours per week, reading every chapter 2 times, and completing 1 extra practice sheet for each class."

*Now make sure it is achievable and realistic within the timeline you set

What I fail to Achieve my Goal?

- Consider why goals fail...
 - Unrealistic
 - Not specific
 - Not written down
 - **Lack of motivation**
 - Lack of commitment
 - Lack of support
 - Lack of rewards for completing

Practice

Create one academic or one personal
SMART goal (10 minutes)