

Course Title

Goal Setting

N°: 07

Learning objectives:*Upon successful completion of this course, the student will:*

- ✓ *Learn why he needs to set goals?*
- ✓ *To know what means SMART GOALS?*

Now is the time to clarify your goals, be positive, identify the key areas to attack, make out a realistic revision schedule, and get a system working for you. Each student profile is different, so take the opportunity to identify your particular strengths and weaknesses and focus on those areas that could make a crucial difference to YOU.

Definition

Goal setting is one way to enhance your sense of efficacy as you work on academic tasks; you should determine your progress by analysing your performance according to your goals. It is essential to attempt to attain them. So, goal setting is the process of deciding what you want to accomplish (achieve) according to a specific plan and time.

SMART GOALS

S-----	Specific	A-----	Achievable
M-----	Measurable	R-----	Realistic
	T-----		Timely

For students, one of the major goals of the university experience is to develop a coherent sense of identity.

According to scholars, identity involves the search for a consistent image of who one is and what one wants to become..

You have to understand the purpose of setting goals and develop-ping plans for attaining them.

Goal attainment plays an important role in developing your identity and influences the nature of your adult lifestyle.

Identity

The keys to goals setting and time management are governing values. Have you thought about them? What is important in your life?

Smith said : The following are some values that people have identified as of greatest importance in their lives:

Why is goal setting important?

- Financial security - Personal health and fitness - Family - Self respect - Religion - Integrity - Service - Happiness - Pleasure - Friendship.

Goals have been defined as **"What the individual is consciously trying to do. Goal setting refers to the process of establishing a standard for performance."**

**short-term
long-term**

Most of us have goals in many domains: academic, social, occupational and personal. Some goals are **short-term**, e.g. earning an A on your phonetics exam; others are **long-term**, e.g. becoming an interpreter.

Goal setting is a planning process and is an important aspect of self-management.

This process puts meaning in people's lives, helps them to achieve their dreams and ambitions.

Students must set clear goals and develop plans to achieve them. They have to take responsibility for their own lives.

Think about your behaviour, are you in charge of your behaviour, or do you prefer that other individuals set goals and make important decisions for you?

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Specific goals

The effects of goals on behaviour depend on three properties: specificity, proximity, and difficulty. Goals that set specific performance standards are more likely to increase motivation than general goals such as "DO your best"

Specific goals help the learner determine the amount of effort required for success and lead to feelings of satisfaction when the goal is attained.

Setting SMART Study Goals

SPECIFIC:

Don't have as your target, "Study geography for an hour."
Do have as your target, "Revise physical geography – rivers, and sketch a model answer to the question on last year's paper."

MEASURABLE:

Measure your progress towards your goal. Use a revision checklist for each subject and tick off each topic as you study/revise it. In this way, you'll see your progress.

ACTION-RELATED:

Break down your study goal into a set of specific tasks, e.g. background reading of research material, draw up essay plan, complete writing of an essay. Base each study session on tasks, not time.

REALISTIC:

Don't set goals you are unlikely to achieve. Make realistic demands on yourself, in consultation with teachers and guidance counsellors. Otherwise, you will quickly lose heart and lose interest.

TIME-BASED:

Avoid panic before a deadline. Always time your study tasks, working back from the deadline. If you have a test in three weeks time, set blocks of revision work for each of the three weeks.

**When it is obvious that the goals cannot be reached,
don't adjust the goals, adjust the action steps.**

Remember "Success Breeds Success", so aim to achieve success step by step.

GOAL ARE DREAMS WITH DEADLINES