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# GOAL SETTING

PUTTING YOUR INTENTIONS INTO ACTION

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# LEARNING OBJECTIVES

- ❑ Understand how goals are linked to motivation.
- ❑ Define SMART goals and learn to create your own.
- ❑ Learn to identify potential barriers to our goal achievement and find ways to challenge those barriers.





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- Goals need to be consistent with our values to be effective.
- Goals that are not aligned with our values are not motivating and may lead to goal achievement in areas not important to us.
- A goal may be based on one of three kinds of values: intrinsic value, attainment value, or extrinsic value.



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- ❑ Once we accept the challenge of a goal, it remains on the edge of our consciousness and directs our actions.
- ❑ Students who set specific, challenging goals had higher GPA's and reported greater satisfaction with their academic program.



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- ❑ This pyramid illustrates how our goals are based on our values.
- ❑ The intermediate steps or intermediate goals and daily tasks move us in the direction of our long term goals.

# STEPS TO IDENTIFYING AND DEFINING YOUR GOALS



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Dembo & Seli, 2016

# SMART Goals vs. Non-SMART Goals

- ❑ Non-SMART Goal:

I will get good grades this semester.

- ❑ SMART Goal:

I will earn a 3.5 GPA by the end of this semester by practicing procrastination reducing strategies, using weekly calendars to manage my time and assignments more efficiently, and meeting with my academic coach weekly to improve my reading and test taking strategies.

- ❑ Compare the two.



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- ❑ Identify and challenge barriers to goal achievement
- ❑ It may be useful to have a reward in mind to motivate goal attainment.

Dembo & Seli, 2016

# References

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