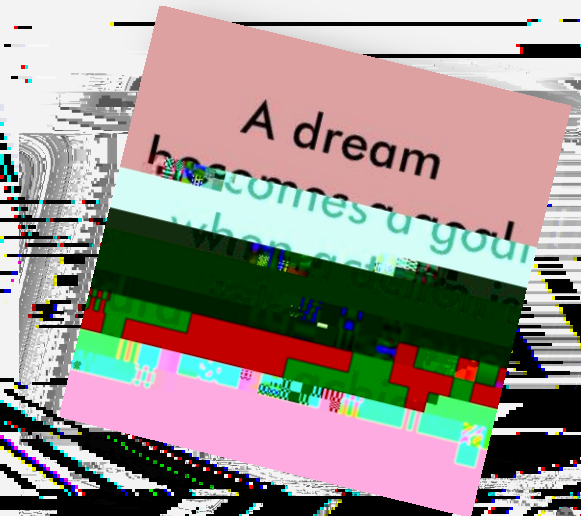


in cooperation with:

What is a Goal?

A goal is something that we want enough that we make a plan and make an effort to reach it.

A dream is something that we want but we do not make a concrete effort to make it a reality.



Goal-Oriented Questions

To help define your goals, ask yourself these questions:

- What are my dreams for the future?
- What do I want to be?



What's Motivation?

The inner drive for success

Easier to sustain if you have clear dreams and goals

Without clear goals . . .

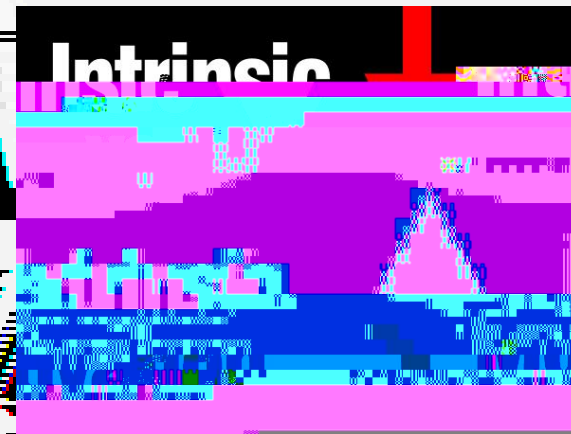


Extrinsic Motivation

The drive that comes from someone else or an external stimulus.

From a parent, friend, professor, or coach

Example: if you are only motivated by someone else, it may be more difficult for you to study and accomplish that goal.



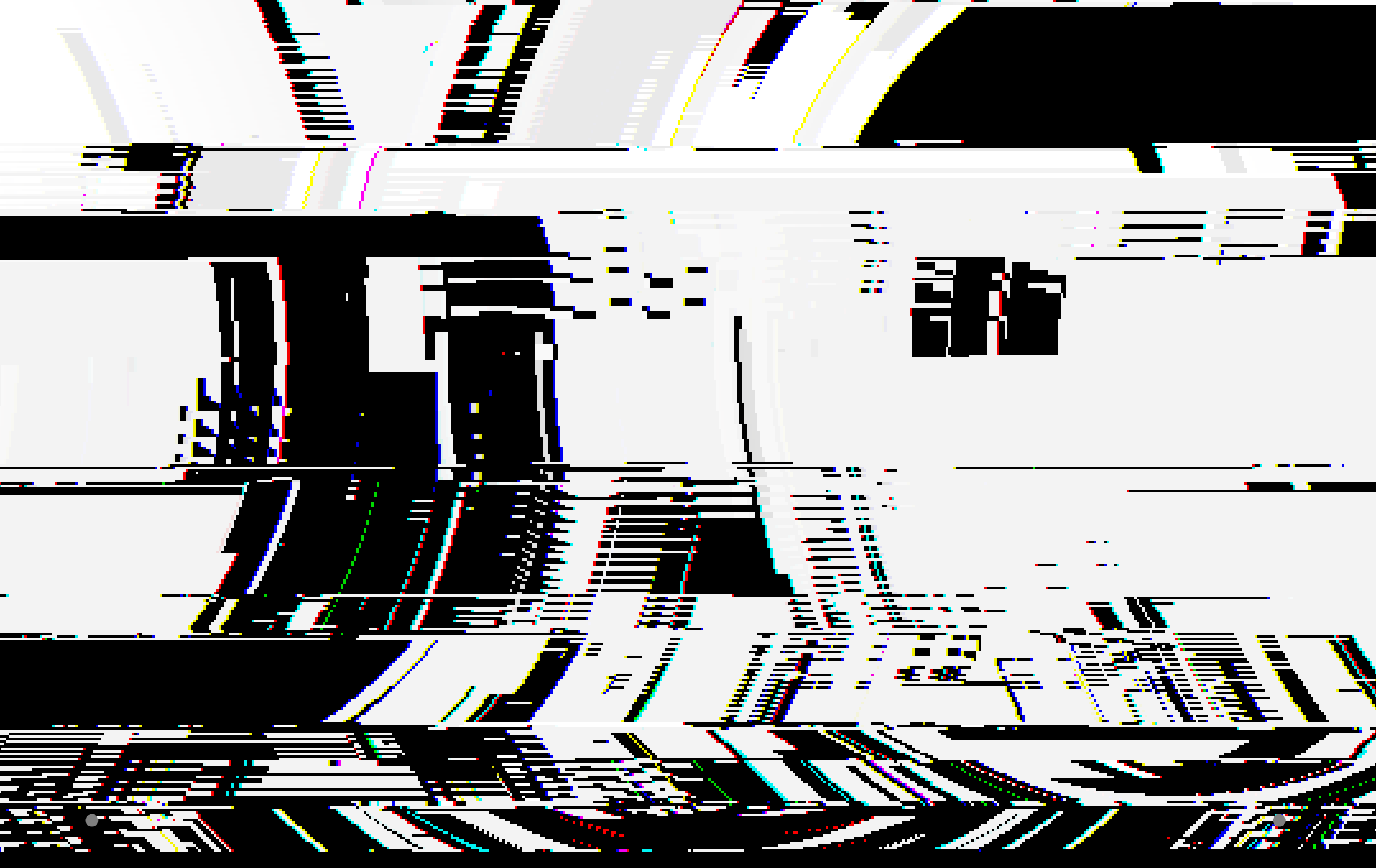
Intrinsic Motivation

The drive within you to accomplish a goal or task.
You choose to complete a task because it

Has personal meaning and gives you pleasure or satisfaction.

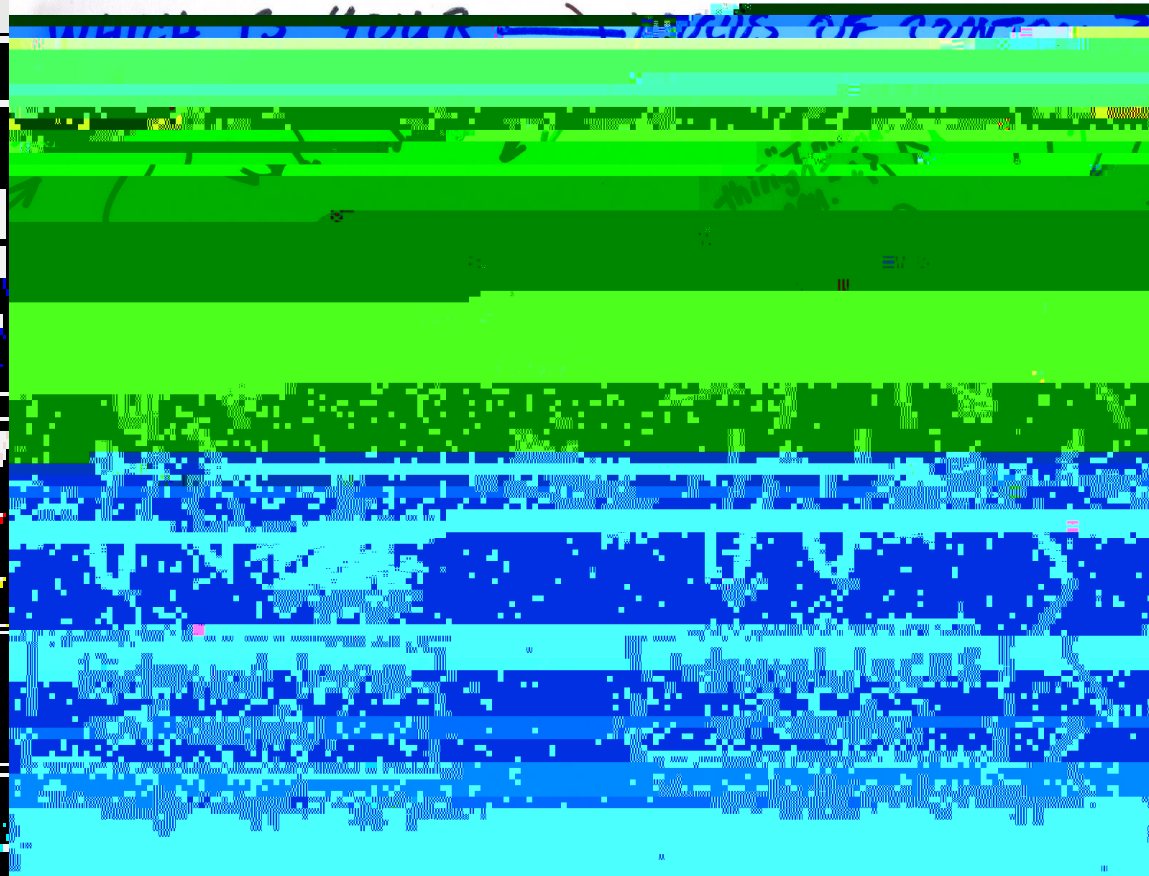
Much easier to accomplish your goals when it comes from within you.

Your Locus of Control



Internal vs. External

Where is your locus of control?



Internal Locus of Control

Students with an internal locus of control:

- Believe that academic success depends on how hard they work



External Locus of Control

Students with an external locus of control:

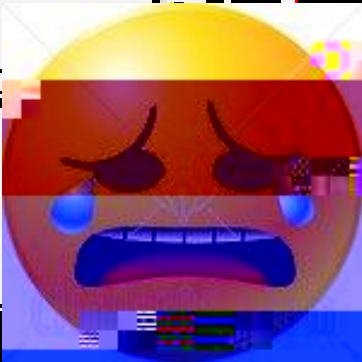
- Believe that events are due to fate, chance or luck
- Look for someone to blame when things go wrong
- Believe teachers give grades, instead of students earning them
- Think negatively about life and school work
- Rely on external motivation

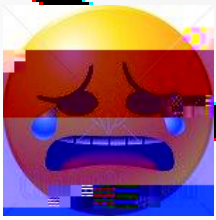
Victims and creators

Creators are people who take full responsibility for their behaviors and beliefs
Have an internal locus of control.



Victims do not take full responsibility for their behaviors and beliefs
See themselves as victims in life
Have an external locus of control





Victims & Creators



Victims

- Make excuses
- Blame others
- Complain
-
- Pretend their problems belong to others
- Give up

Creators:

- Seek solutions
- Accept responsibility
- Take action
-
- things
- problems
- Take control of their choices



An Example

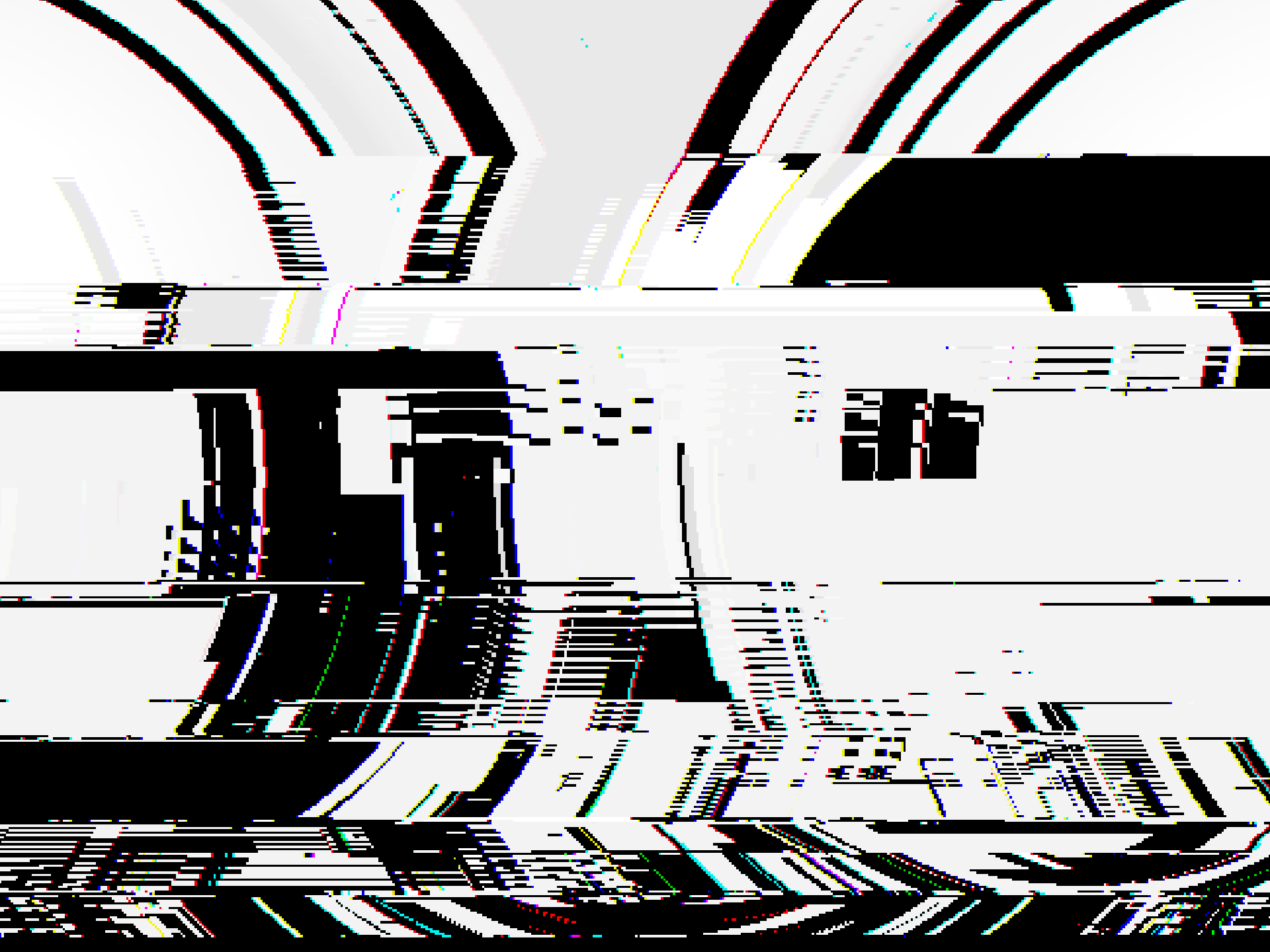


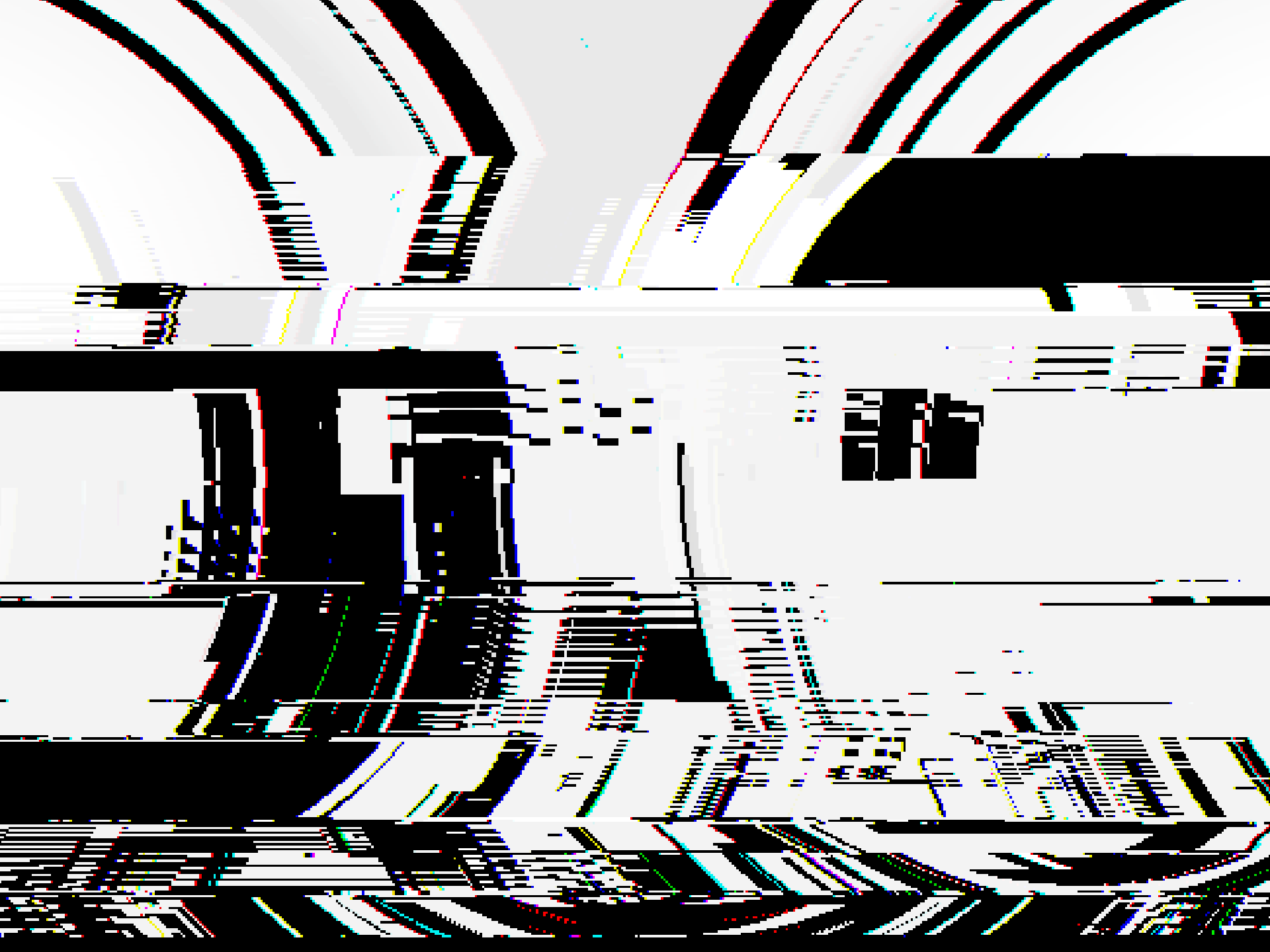
test:

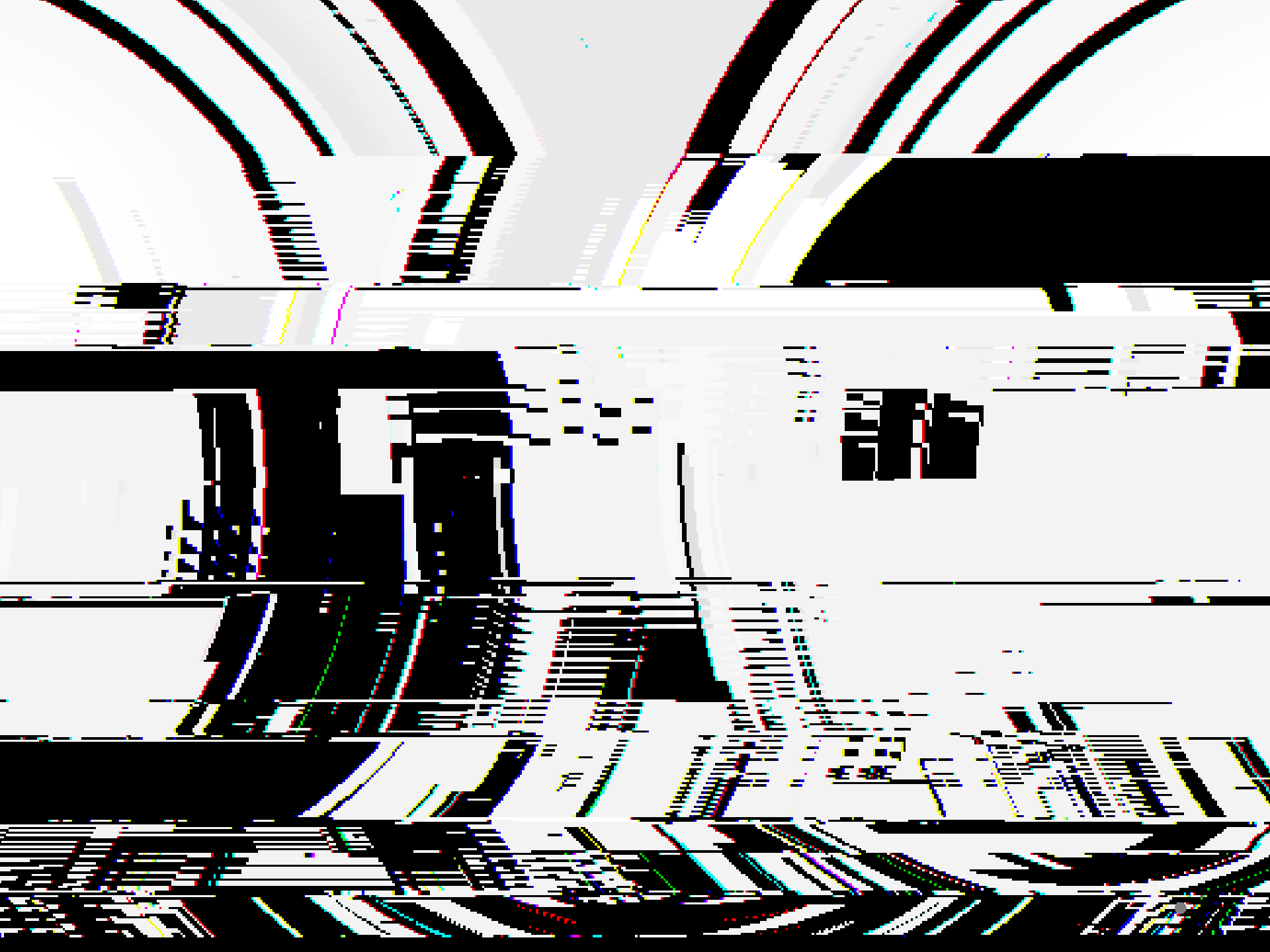
- o A creator would admit that he/she did not study as much as he/she could have.

- o A victim would blame the professor for not explaining the material thoroughly.







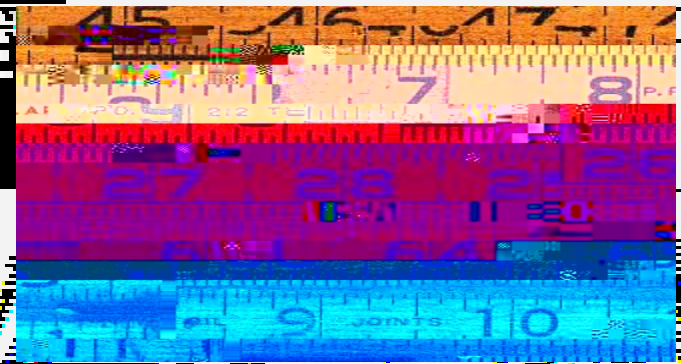


S.M.A.R.T. Goals

Measurable

If your goals are not measurable, how can you be sure you are making progress toward them?

A measurable goal provides a time frame and a foreseeable outcome.



S.M.A.R.T. Goals

Achievable

Goals must be achievable and realistic for you to accomplish them.



S.M.A.R.T. Goals

R Relevant

Goals must be relevant and important to you.

Effective goals are



S.M.A.R.T. Goals

Timely

Goals should include specific deadlines.

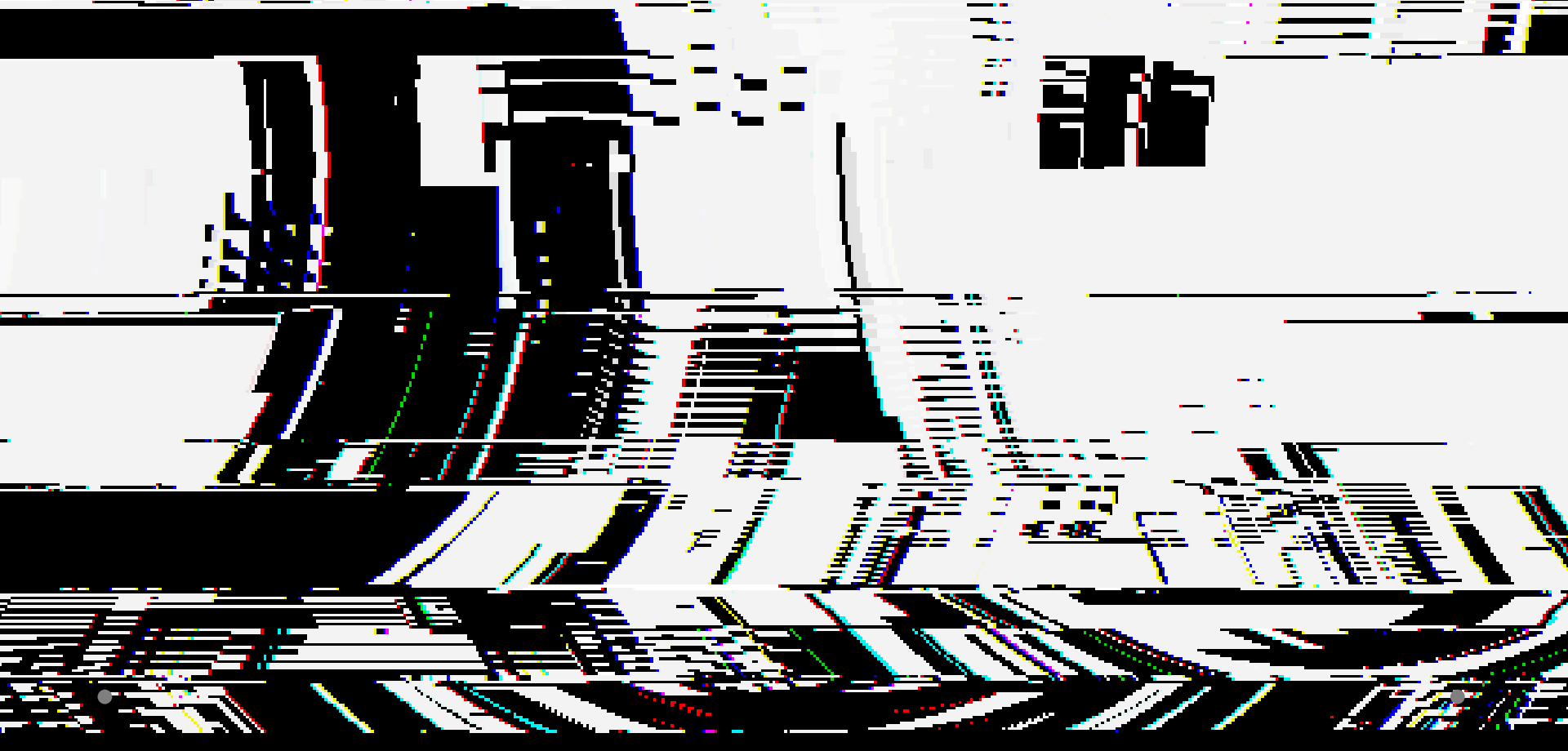
A short-term goal usually includes a deadline of a month or two.

A long-term goal usually has a deadline of one to five years.



S.M.A.R.T. Goals

Examples:

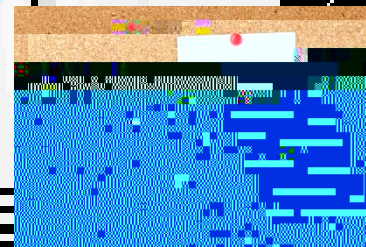


Goal Setting Tips



Write them down!

Post your goals where you can see them



Reward yourself for accomplishing your goals.

Internal Roadblocks

Bad habits

Poor time management

Lack of self-confidence

Negative thinking



External Roadblocks

Other people who think

something



Reevaluating Your Goals

