Student Engagement and Academic Success
SEAS Success Workshops
Goal Setting

Steps Towards Success
What challenges have you had with accomplishing your goals?

Write them down?
Share with only those who commit to help you achieve them. https://www.ted.com/talks/derek_sivers_keep_your_goals_to_yourself
What does goal setting mean to you?

Generally it means – “the process to accomplish or achieve a specific desired outcome"
Locke & Latham’s Theory of Goal Setting

Five Principles

- Clarity
  When your goals are clear, you know what you're trying to achieve. You can also measure results accurately, and you know which behaviors to reward. This is why SMART is such a useful mnemonic.

- Challenge
  Roadblocks don't mean failure.

- Commitment
  Stay committed by using visualization techniques to imagine how your life will look once you've achieved your goal.

- Feedback
  It is improving task performance. Use technology to track and measure your progress. Apps like STRIDES & THE HABIT FACTOR are a good place to start.

- Task Complexity (not the typical ‘do your best’ goals)
SMART Goals – Basic Steps

Set Goal – Make Plan – Get to Work – Stick to it – Reach Goal

Some Common Mistakes in Setting Goals
• Too Big
• Too Many
• Not Specific
• Not Written
S - specific

Who is involved?
What must be accomplished?
Why must it be accomplished?
Does it need to be broken down into smaller pieces?

✓ Do I have all the important details?

Bad: Write a book.
Good: Write a book proposal for The Stench of Honolulu
What is getting measured or getting done? Identify those success indicators - this makes it possible to objectively figure out how you did.

Bad: “Earn more this year than last.”
Good: “Earn $5,000 more this year than last.”
A – attainable*

Think big and reach high for long term goals but those shorter term ones, think just outside your grasp but DOABLE.

Also ask yourself whether you have:

the energy
the time
the support/ resources

Bad: Be more consistent in blogging.
Good: Write two blog posts per week.

* Achievable
R – relevant*

- Has meaning for you
- Your own idea of what you want to accomplish
- It is aligned with your values, beliefs & desires that count
- It motivates you to act.

Bad: Join a sports team
Good: Qualify for Crew at Cal Maritime

*Realistic
T – time-bound

Generally, we are deadline driven.

Create that sense of urgency to complete with a realistic time line and acting on the goal becomes easier.

Bad: Lose 20 pounds.
Good: Lose 20 pounds by December 31st.

Deadlines deter procrastination!
Practice making a SMART Goal
Share your SMART Goal

Questions & Answers

Comment

Thank you!