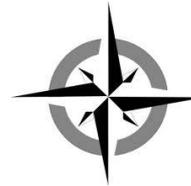




Motivated Goal Setting

Paving Your Way To Success

Office of Student Rights
& Responsibilities



CARE Program

In cooperation with:
the Office of Human Resources

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.

A dream becomes a goal when action is taken toward achieving it...

Why Set Goals?



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?
 - Why am I attending college?



Attitude

Career

Education

Artistic

MY GOALS

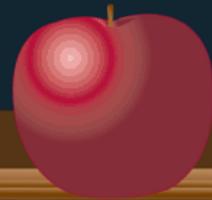
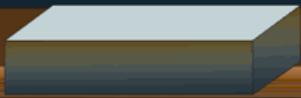
Family

Public
Service

Financial

Pleasure

Physical



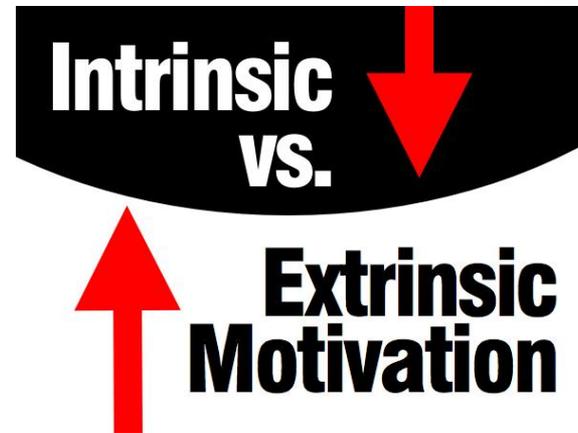
What is Motivation?

- The inner drive for success
- Easier to sustain if you have clear dreams and goals
- Without clear goals . . .
 - It's easy to bounce back and forth between other people's ideas of what you should do with your life
- Extrinsic vs. Intrinsic



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's desire for you to make an A in a class this semester, it may be more difficult for you to study and accomplish that goal.



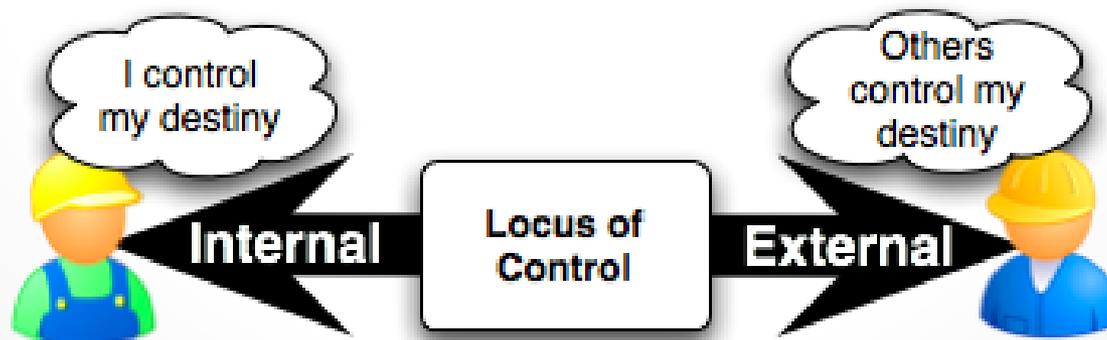
Intrinsic Motivation

- 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.



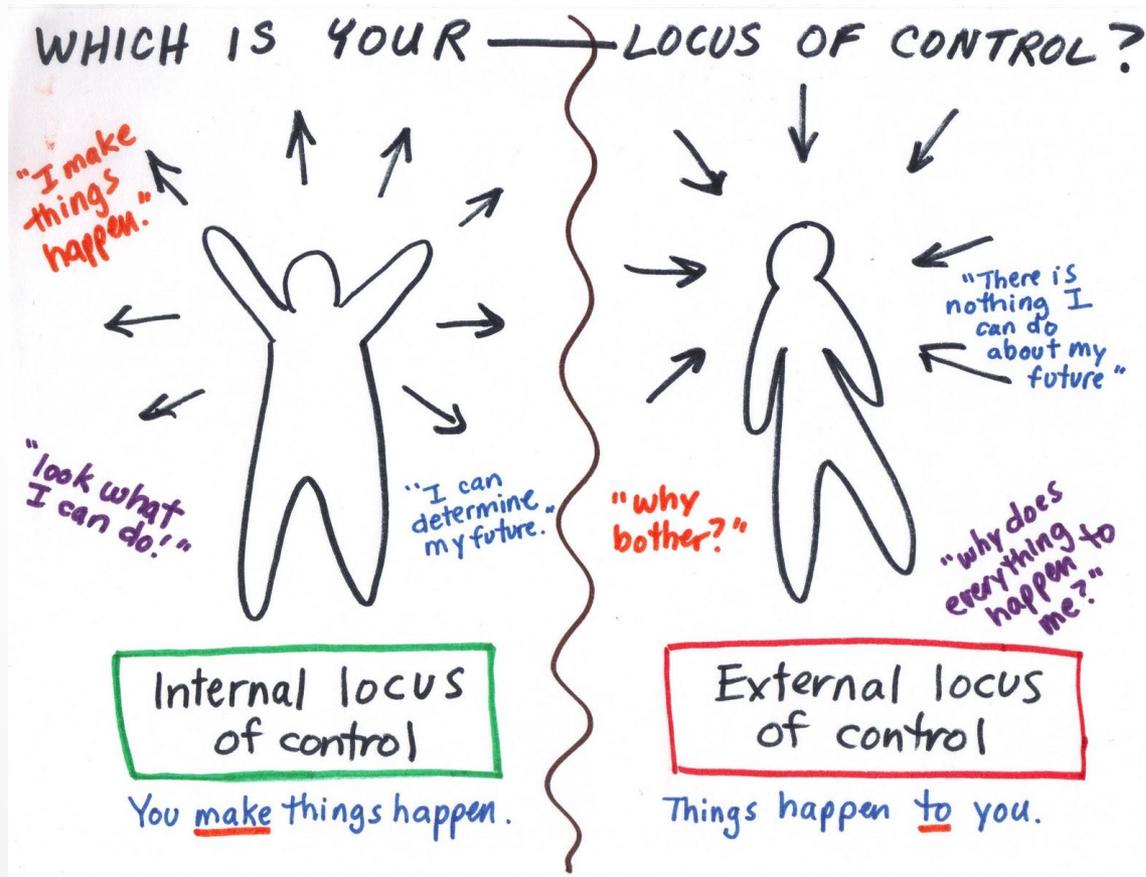
Your Locus of Control

- Where you place the responsibility for events that happen in your life.
- Can be Internal, External, or Combo



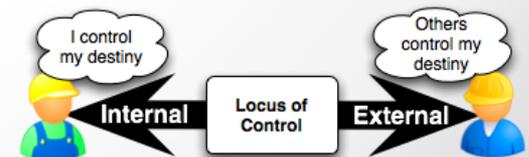
Internal vs. External

- Where is your locus of control?



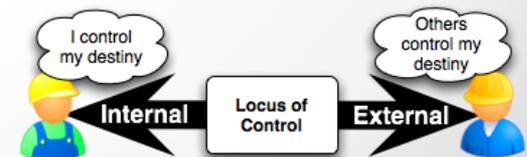
Internal Locus of Control

- Students with an internal locus of control:
 - Believe that academic success depends on how hard they work
 - Try to make the best of a situation
 - Believe they create their own destiny
 - Think positively about life and school work
 - Rely on internal motivation



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

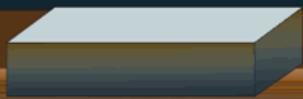


Victims & Creators



- Victims:
 - Make excuses
 - Blame others
 - Complain
 - Believe they “have to” do things
 - Pretend their problems belong to others
 - Give up
- Creators:
 - Seek solutions
 - Accept responsibility
 - Take action
 - “Choose to” do things
 - “Own” their problems
 - Take control of their choices

So, are you a
victim or a
creator?

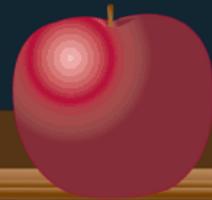
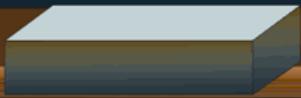


An Example



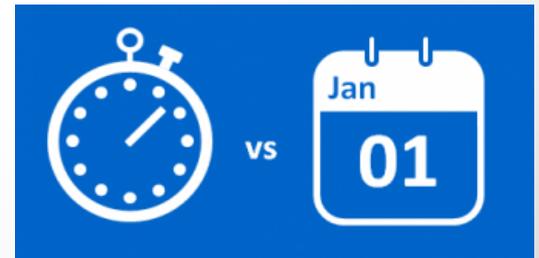
- A student did poorly on last week's test:
 - A creator would admit that he/she did not study as much as he/she could have.
 - A victim would blame the professor for not explaining the material thoroughly.

NOW ON TO
GOALS



Long and Short-Term Goals

- **Long-term goals**
 - provide you with the big picture
 - things you want to accomplish in a year or longer
- **Short-term goals**
 - are stepping-stones toward accomplishing your long-term goals
 - for every long-term goal, several short-term goals should be established



SMART GOALS

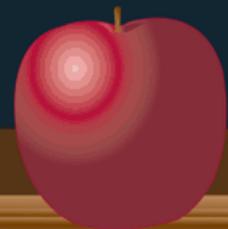
Specific

Measurable

Achievable

Relevant

Timely



S.M.A.R.T. Goals

Specific

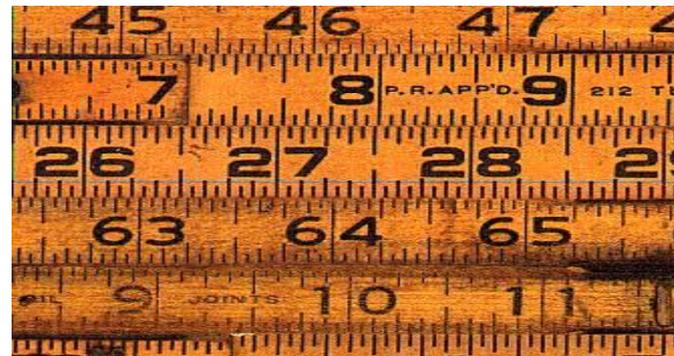
- Goals should be clear and to the point. When setting a specific goal, you know exactly what you need to do to accomplish the goal and gain more satisfaction from doing so.



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.
- If your goals are too high, you will not be able to achieve them and your self-esteem may suffer.
- If your goals are too low, you might not gain satisfaction from achieving them.



S.M.A.R.T. Goals

Relevant

- Goals must be relevant and important to you.
- Effective goals are your own, not someone else's.
- For example, students often find it difficult to achieve goals they set that are important to their parents but not very important to them.



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:

- Earn a Bachelor of Science degree in Psychology from Stockton in four years
- Earn a B+ in ENG 101 by the end of the semester
- Acquire five or more successful student behaviors by the end of the semester
- Join at least one campus organization or club by May

Goal Setting Tips



Write them down!

Post your goals where you can see them.



Reward yourself for accomplishing your goals.



Goal Setting Roadblocks

- Internal and External Barriers.
- Internal barriers - you create for yourself.
- External barriers - come from an outside source.



Internal Roadblocks

- Bad habits
- Poor time management
- Lack of self-confidence
- Negative thinking



External Roadblocks

- Other people who think you can't succeed at something
- Few jobs available in your field when you graduate
- Becoming sick and sitting out a semester



Reevaluating Your Goals

- If you're at a detour or fork in the road, think about what you learned and reevaluate your goals.
 - Did you use **SMART** principles in setting your goals?
 - Ask family or friends for help in reaching your goals.
 - Try to predict barriers that may get in your way, and develop a plan for overcoming these barriers.

