Goal Setting

As adopted by the Center for Student Success (CSS) for the OU 097 Strategies for Success Course at Oakwood University in Huntsville, AL

Adapted from Hopper (2016) by Ruth Piri, CSS Advisor & Instructor OU 097
If I had magical powers and could grant you your degree Today

WHAT WOULD YOU BE DOING?

Practicing College Learning Strategies by Carolyn H. Hopper
Adapted by Ruth Piri

CHAPTER 4 Setting Goals

OU 097 Strategies for Academic Success
What is a Goal?

**Goal**: the object of a person's ambition or effort; an aim or desired result.

**Goal setting** is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality. The process of setting goals helps you choose where you want to go in life.

Why Set Goals?

- Setting goals may be compared to planning a trip.
- Like planning a trip, when you set goals, you are essentially organizing a plan to reach a certain destination.
- Few good things just *happen*; rather, they come with planning and hard work.
Here Are 7 of the Best Times to Set Goals for Yourself

1. When You Want New Results
2. When Something Unexpected Happens
3. When You Hit Rock Bottom
4. At School or University
5. After A Big Setback
6. After A Big Win
7. New Year’s Resolutions

Best time to set goal is when there is a major change in your life.

Evaluate Periodically
When Setting Goals

• Use Common Sense
• Make sure that the goal you are working for is something that you really want, not just something that sounds good.
• Make sure they are your goals not someone else's.
• A Goal should not contradict any of your other goals.

GOALS

Writing them down:
• Makes them more concrete
• Gives you different perspective
Writing Useful Goals

5 Elements

- **Specific** Describes what you want to accomplish with as much detail as possible.
- **Measurable** Describes your goal in terms that can clearly be evaluated.
- **Action Plan** You must develop a plan of action in order to accomplish your goal.
- **Realistic** A goal you know you are actually capable of obtaining.
- **Target Date for completion** Goal that breaks longer term goals into shorter pieces and clearly specifies target completion dates.

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**Specific**

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"Writing down goals makes them concrete."
Matt Benwick in Education Week Teacher

**Measurable**

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Action Plan
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Realistic
A goal you know you are actually capable of obtaining
Target Date

A goal that breaks longer term goals into shorter pieces and clearly specifies target completion dates

Visualize Your Goal

• Literally draw it where you can SEE what you want.
• Put goals everywhere. Make them visible.
• Visualize reaching goal. Note steps.
• Begin Immediately
Think a Goal Through

- What skills do I need to achieve this
- What information and knowledge do I need
- What help assistance or collaboration do I need
- What resources do I need
- What can block progress
- Am I making any assumptions
- Is there a better way of doing things

Goals Provide Directions

If you don’t have directions for where you are going, you may end up somewhere you don’t want to be.
Areas of Your Life

Setting Goals -
• Family / Home
• Mental / Education
• Financial / Career
• Social / Cultural
• Spiritual / Ethical
• Physical / Health
• Fun / Recreation

Making Dreams Come True

[Image of a road sign pointing to success]

[Image of a quote by Walt Disney: "All our dreams can come true if we have the courage to pursue them."]
Long-Term Goals

• Long-term goals are detailed descriptions of what you want for yourself in the future.

• Your long-term goals my include graduating from college, getting a job you enjoy, owning your home, or being able to travel.
Short-Term Goals

- Short-term goals are steps you take to reach your long-term goals.
- Short-term goals are plans of action.

Tips for Achieving Goals

1. Make sure the goal you have written is specific, measurable, has a clear plan of action, is realistic, and has a target time for completion.
2. Find someone who has accomplished a similar goal.
3. Don’t drive around aimlessly. Determine what skills, what knowledge, and what information you need to reach your goal.
4. Break your goal with into smaller goals that you can readily accomplish.
5. Share your goal with others. They may offer the encouragement you need when you get off track.
Locus of Control

Locus of control refers to how much control people feel they have over their life.

There are two extremes:

Internal and External.

**Internal Locus of Control:**
- People with an internal locus of control believe they have power over events in their lives and they can influence the outcome.
- People with an internal locus of control believe in setting goals because they believe they have the power to reach them.
- They respond as creators; they work to create a solution.

**External Locus of Control:**
- People who have an external locus of control believe that such factors as fate, chance, luck, or powerful others are more important than personal efforts in controlling what they can achieve.
- People with external locus respond as victims, and they believe nothing is their fault.
Those With an Internal Locus of Control

- Are more likely to take responsibility for their actions
- Tend to be less influenced by the opinions of other people
- Often do better at tasks when they are allowed to work at their own pace
- Usually, have a strong sense of self-efficacy

*Self-efficacy is a person’s belief in his or her ability to succeed in a particular situation.*

- Tend to work hard to achieve the things they want
- Feel confident in the face of challenges
- Tend to be physically healthier
- Report being happier and more independent
- Often achieve greater success in the workplace
Those With an External Locus of Control

- Blame outside forces for their circumstances
- Often credit luck or chance for any successes
- Don't believe that they can change their situation through their own efforts
- Frequently feel hopeless or powerless in the face of difficult situations
- Are more prone to experiencing **learned helplessness**

A condition in which a person suffers from a sense of powerlessness, arising from a traumatic event or persistent failure to succeed. It is thought to be one of the underlying causes of depression.

Locus of Control - **Examples**

- They made me take this learning strategies class.
  - External (*Victim*)
- I should be able to gain skills in this class to use in other classes.
  - Internal (*Creator*)
- The teacher hates me: he’ll never give me a good grade.
  - External (*Victim*)
- I can meet with my instructor to see how I can do better.
  - Internal (*Creator*)
- I have never been good in math.
  - External (*Victim*)
Going to College is a journey.

YOU are the driver

I am a do-er. I will take action and get things accomplished.
References