WHAT IS GOAL SETTING?

A plan for accomplishing an objective

Can be related to any aspect of your life

School
Work
Self Care
Social Activities
Relationships
HOW IS GOAL SETTING RELATED TO STUDENTS WITH DISABILITIES?

- **In the classroom**: Research done by Moeller, Theiler, and Wu (2012) examined the relationship between goal setting and student achievement at the classroom level and found a statistically significant relationship between setting goals and language acquisition.

- **In treatment**: Goal setting has been shown to help improve the outcome in treatment among studies done in adults with depression. (Weinberger, Mateo, & Sirey, 2009)

- **In the workplace**: Goal-setting theory helps us understand that setting goals is a conscious process and a very effective and efficient means when it comes to increasing productivity and motivation, especially in the workplace.

WHAT ARE SMART GOALS?

SMART is a mnemonic acronym used to guide you in setting goals.
S - SPECIFIC

• WHAT objective do you want to achieve?
• Define the goal as clearly as possible.
  • General Example: I want to get better grades.
  • Specific Example: I will make the Dean’s list this semester.
  • Specific Example: I will raise my major GPA from 2.9 to 3.1.
  • General Example: I want to be more active.
  • Specific Example: I will go for a walk each day.
  • General Example: I want to meet new people.
  • Specific Example: I will join a student organization.
M - MEASURABLE

• How can I measure my progress?
  • General Example: Read more for enjoyment
  • Specific Example: I will read my favorite magazine for **20 minutes before bed each night**
**TIP FOR SUCCESS:**

**TRACK YOUR PROGRESS**

- Draw a chart and mark each time you complete work towards your goal.
- Keep a photo journal.
- Consider using technology for tracking.
- Try using an app.
A - ATTAINABLE

• Is my goal achievable?
• Challenging enough to require effort
• Reasonable enough to manage
• Example: I will attend 2 social events each week
  • Consider other obligations
  • Consider personal preferences
• Be sure to consider your current circumstances and resources.
• Example: I will improve my fitness by working with a personal trainer
  • Consider financial cost
  • Consider personal preferences
  • Consider alternatives
  • Example: Ask a friend or workout with free YouTube videos
R - RELEVANT

- WHY do I want to achieve this goal?
- Consider the following:
  - Is this goal important to me?
    - Is it my priority or someone else's?
  - Is it aligned with my values?
    - Do I feel good about working towards this goal?
    - Is there something else that I’d rather work towards?
  - Is my goal consistent with my long-term plans?
T - TIMELY

• WHEN will I achieve my goal?
  • General: Given my current circumstances and resources, is it possible for me to achieve my goal in this amount of time?
  • Should I extend my timeline?
    • Example: I had the flu for 7 days
  • Should I shorten my timeline?
    • Example: I really enjoy walking and would like to train for a race.
• Specific: When during the day will I work towards my goal?
  • Example: I will workout at 6:00am
  • Example: I will workout at lunchtime
TAKING ACTION

- What steps do I need to take to reach my goal?
- Example: I will complete my 8-page research paper in 2 weeks.

<table>
<thead>
<tr>
<th>Action Steps</th>
<th>Expected Completion Date</th>
<th>Actual Completion Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will research my topic and write my three-point thesis statement.</td>
<td>Friday, 02/19/2021</td>
<td></td>
</tr>
<tr>
<td>I will write the introduction. (1 page)</td>
<td>Saturday, 02/20/2021</td>
<td></td>
</tr>
<tr>
<td>I will write the first point. (2 pages)</td>
<td>Sunday, 02/21/2021</td>
<td></td>
</tr>
<tr>
<td>I will write the second point. (2 pages)</td>
<td>Wednesday, 02/24/2021</td>
<td></td>
</tr>
<tr>
<td>I will write the third point. (2 pages)</td>
<td>Thursday, 02/25/2021</td>
<td></td>
</tr>
<tr>
<td>I will write the conclusion. (1 page)</td>
<td>Saturday, 02/27/2021</td>
<td></td>
</tr>
<tr>
<td>I will edit my paper.</td>
<td>Sunday, 02/28/2021</td>
<td></td>
</tr>
<tr>
<td>I will submit my paper.</td>
<td>Wednesday, 03/03/2021</td>
<td></td>
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MENTAL CONTRASTING

- Identifying potential obstacles and possible solutions
- What obstacles might inhibit me from working on or reaching my goal?
- What possible solutions are there?

<table>
<thead>
<tr>
<th>Goal</th>
<th>Potential Obstacles</th>
<th>Possible Solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will run three times a week to improve my fitness level.</td>
<td>I don’t like to get out of bed early.</td>
<td>Workout at lunchtime.</td>
</tr>
</tbody>
</table>
| I will make the Dean’s list this semester. | I love to play video games and lose track of time. | Set a timer.  
Only play video games after schoolwork is done for the day. |
| I will participate in a social activity once a week. | I get anxious in large crowds. | Plan small events like having a few friends over for dinner. |
TIP FOR SUCCESS:
SHARE YOUR GOAL WITH SOMEONE

- Dr. Gail Matthews, a clinical psychologist from Dominican University of California conducted a study that shows that "those who write down their goals and share their goals with a friend, as well as send weekly updates, were on average 33% more successful when it comes to accomplishing their stated goals compared to those who merely formulate goals."

- Choose someone who is trustworthy, honest and supportive.

- Be mindful of posting on social media.

TIP FOR SUCCESS: CREATE A VISION BOARD

• Consider using a vision board

• Steps for Creating Your Own Vision Board:
  • 1. Reflect. Think about what you want in life. Write your thoughts down.
  • 2. Collect. Gather some magazines and cut out images, phrases, and quotes that represent what you want to achieve and that encourage you to work towards your goal.
  • 3. Assemble. On a solid board (e.g., cardboard, cork, or wood), arrange and paste the cutouts in a way that's meaningful for you. If you prefer, you can add some embellishments to your board to make it more personalized.
  • 4. Display. Place the finished vision board in a prominent spot, where you can view it even for just a few seconds every day. Spend a few moments reflecting on your goals each day.

Source: https://www.developgoodhabits.com/vision-board-ideas/
HOW WILL I KNOW WHEN I’VE REACHED MY GOAL?

• Short Term Goals
  • Example: I will run the 5K Turkey Trot on Thanksgiving Day.

• Long Term Goals
  • Am I meeting short term goals related to my long-term goal?
    • Specific Goal: To earn a BS in Nursing
    • Progress: Admitted into Nursing program
  • Are my habits changing?
  • Do I feel differently?
TIP FOR SUCCESS: REWARD YOURSELF FOR WORK WELL DONE

• How can I reward my progress?
  • Internal – comes from within
    • Example: I feel more relaxed before bed.
  • External – comes from an outside source such as a reward or praise
    • Simple
    • Frequent
    • Free or inexpensive
    • Example: Buy the new copy of my favorite magazine when I finish the current copy
TIP FOR SUCCESS:
BE KIND TO YOURSELF

When things aren’t going as you had hoped:

• Look at your vision board for inspiration and encouragement.
• Look back at all the progress you’ve made.
• Think about what you would say to a friend who was having trouble reaching their goal.
• Talk to a friend who knows about your goal.
• Consider revising your goal.
GOAL SETTING

SUPPORT @ FSU

• FSU Counseling Center
• Academic Center for Excellence
QUESTIONS AND COMMENTS

• Thank you for attending!