

Successful Goal Setting

Thriving in a tertiary environment of learning or struggling to pass can be influenced significantly through goal setting and will alter the experience including the outcome. Attributes to learning such as time management, self-management, and critical thinking can be taken outside the university.

Goal setting, motivation, and stress, all are present in everyday life, from the study, work and even relationships. It is important to set goals to maintain motivation, short- and long-term goals are essential in life, studying is a goal itself. Breaking down larger goals and accomplishing one task at a time is the way to set short-term goals as this allows us to set small achievable goals that make up a larger goal, which makes another larger goal. Accomplishing goals is paramount in maintaining motivation, seeing a large goal diminishes motivation and leads to stress. Setting and completing small goals keeps resolve and motivation to complete the set tasks and keep long-term goals in perspective.

Stress is important to stay motivated as this is necessary to overcome challenges. Excessive stress can lead to emotional changes and have significant repercussions. Not only can stress affect goals for studying but in everyday life and this can lead to changes in motivation which can result in failing or impacting mental and physical health. Maintaining small and achievable goals helps with keeping stress to a minimum and being able to accomplish goals and lessen stress. Higher education and in everyday life, time management is a valuable skill not only for study but for work and personal life. As setting small goals it is more manageable to allocate time for tasks for studying and assessments, but also for life in general. Time and stress management are critical for goals, being organized in the environment, whether it's work, study or everyday life is vital to completing tasks and therefore goals. Strategies are needed to manage time more efficiently, for instance, in work or study, finding out what learning style is more dominant is critical for the capacity for learning. Learning styles are grouped into three specific categories, auditory, visual and kinaesthetic, each has its strengths and weaknesses which ultimately can benefit or hinder studying or work. Therefore, this contributes to managing time, stress and ultimately the resolution of goals. Setting goals for self-improvement, for example, becoming an active

listener and learner to improve skills to analyse and synthesize information. Active learning and listening results in being able to form judgments and being successful in completing tasks and therefore goals.

I'm undertaking a course at university as I need a career which is a long-term goal, as a career develops over time. Studying is one goal itself, but for me to achieve the degree I need to complete a set number of units and gain experience. To complete a single unit, there are learning outcomes I must to achieve to be able to pass the unit and move onto the next. One of my other goals in which I'm working on is becoming a better learner, increasing my knowledge and make myself more employable. Through the strategies in the material over the past couple of weeks I've improved as a learner. As I'm taking three units, two with RMIT, time management for me is critical in being able to submit activities and assessments on time to pass the units. Stress is a major factor in my life, like everyone else, other responsibilities need time. The other responsibilities I have are my family, I need to balance the time I use for study and my relationships. If I don't, this will affect my family and me, resulting in stress for myself and them. What motivates me towards my goals is internal and external, completing studies further increases my abilities for the workforce. Providing a better life for my family is my external motivator as I see studying at university while unemployed is a challenge, but it's a method to proactively achieve my goals. I've set goals for studying so that I can be more efficient in managing my time and completing assessments or going through learning materials. Completing small and manageable goals keeps me motivated and keeps my confidence in myself to obtain the degree. I found that using the strategies in the learning materials for this unit has helped in the way I study. Analyse the requirements for the assessments, synthesising information and being objective in judgments makes learning easier and less time-consuming. I'm a kinaesthetic and visual learner, using the strengths and being aware of shortcomings optimizes my learning. Through proactive learning and implementing the strategies in this unit, I will succeed with the goals I've set and obtain the degree I'm aiming for.

All aspects of university study and life are made easier by using simple strategies and being an active learner, taking control through self-management to achieve the best outcome in setting and accomplishing goals.