# Reflection Topic: Goal-Setting

Godknows Egi

Bachelor of Science in Computer Science, Uopeople

UNIV 1001-01 - AY2024-T3: Online Education Strategies

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**Part 1**

As you read about in the textbook this week, goal-setting is an important strategy to manage your time and stay on track with your education. Reflect on the importance of goal-setting, and answer the following questions:

1. Briefly, share a time when you set a goal and did not accomplish it, and then share a time when you set a goal and successfully achieved it. Why weren’t you successful in your first example? Why were you successful in your second example?
2. Why does effective goal-setting help us achieve goals? What are the characteristics of good goals?
3. Based on your answer to questions 1 and 2, set three goals: one short-term, one mid-term, and one long-term

**Answer to Question**

After completing high school in 2016, I was determined to further my education and earn my degree. However, my plans were derailed due to financial difficulties with my sponsors, forcing me to postpone my aspirations. In 2020, while honing my skills and enrolled in a coding bootcamp, I discovered Uopeople.

Despite facing challenges, I resolved to save up and pursue my studies at Uopeople. It took considerable time, during which I worked and saved diligently from my internship where I was paid stipends. Finally, in 2023, I made the decision to pursue my career by registering with Uopeople. Unfortunately, a setback occurred late last year when I lost my job, coinciding with my first term at Uopeople. Forced to take a deferment leave for several months, it felt like another failed goal.

Finally this year I have set a long term goal to resume studies no matter what and complete my degree without a pause, and here I’m and I guess everything is going as planned!!.

At first I wasn’t able to achieve this goal due to financial setbacks and difficulties I encountered , I finally made a move and achieved my goals to pursue my career because it has been my long term goal, I have been intrinsically motivated .

Effective goal-setting is important for achieving goals because it provides direction, motivation, and focus. When we set clear and achievable goals, several key factors come into play:

Clarity: Well-defined goals provide a clear understanding of what needs to be accomplished. Clarity helps individuals to visualize the desired outcome and understand the steps required to reach it.

Motivation: Goals give us a sense of purpose and motivation. They provide a reason to strive for success and can increase our determination to overcome obstacles and setbacks.

Focus: Setting goals helps us prioritize tasks and activities that align with our objectives. It prevents distractions and keeps us focused on the actions necessary to achieve our desired outcomes.

* My short term goal for my academic this year is to get a good grade for this term which will prepare me for upcoming terms, my mid term goal is to balance my timing and follow a good time management strategy to help keep to time on my assignments and discussions before deadline , my long term goal is to graduate with good grade here in Uopeople