No doubt goal-setting is an important strategy to manage time and help me stay on track with my education. By setting clear and specific goals, I can increase my motivation, focus, and self-confidence. Goals also help me measure my progress and adjust my actions accordingly. Whether I want to improve my grades, learn a new skill, or pursue a career path, goal-setting can help me achieve my desired outcomes.

I aimed to complete two courses in Coursera but fell short and completed only one instead. Despite studying hard for final exams, I didn't perform well on assignments. On the other hand, I successfully accomplished my goal of learning programming (Python) by practicing daily, following online tutorials, and joining free crash courses. Now, I knew beginners coding and even complete whole assignment using coding in Python.

I believe that I failed in the first example because I didn't consider all aspects of the goal and focused too much on exams while neglecting homework. Additionally, I didn't seek help when needed. In contrast, I succeeded in the second example because I had a clear plan and consistently followed it while enjoying the learning process and seeking feedback from experienced individuals.

Setting effective goals helps me achieve my goals by providing direction, motivation, and feedback. It allows me to break down larger goals into smaller, manageable steps and monitor my progress while making necessary adjustments. It also enables me to celebrate my achievements and learn from failures.

When setting goals, it's important for me to make sure they are SMART - Specific, Measurable, Achievable, Relevant, and Time-bound. This means that the goal should be

clear and well-defined, can be measured or assessed, is realistic and attainable, and also important and meaningful to me, and has a set deadline or timeframe.

In light of my responses to questions 1 and 2, I have set the following three future goals for myself:

My short-term goal is to complete reading a book I have started by the end of this week.

My mid-term goal is to enhance my writing skills and complete two more courses in computer programming by taking online courses at Coursera. And writing at least one blog post per month for the next six months.

In the last, my long-term goal is to travel to some Asian countries and learn about their versatile culture and languages by next year.

References:

College success. (2010). **http://open.lib.umn.edu/collegesuccess/**