

# Learning Journal Unit 7

UNIV 1001-01 Online Education Strategies - AY2025-T2

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Goal setting plays a fundamental role in managing time effectively and maintaining focus in educational pursuits. Let me share my personal experiences with goals and analyze what makes them successful.

When reflecting on goal achievement, I recall setting an ambitious target of completing two Coursera courses simultaneously while managing my regular studies and job. Despite my dedication, I only finished one course. The primary reason for falling short was poor planning – I concentrated heavily on final exams while neglecting regular assignments. Additionally, I didn't seek assistance when challenges arose, trying to handle everything independently. This experience taught me that even well-intentioned goals can fail without proper support systems and balanced attention to all components.

In contrast, I experienced success when I set out to learn python programming. I approached this goal systematically by practicing daily, following structured online tutorials, and participating in free crash courses. What made this goal successful was its clear structure and my consistent commitment. I broke down the learning process into manageable steps, sought feedback from experienced programmers, and maintained steady progress. The enjoyment I found in the learning process also contributed significantly to my success, as it helped sustain my motivation.

Effective goal setting helps us achieve our objectives through multiple mechanisms. It provides a clear direction and framework for our

efforts, allowing us to transform abstract aspirations into concrete action plans. Effective goal setting establishes a feedback loop that allows us to track our progress and make required corrections. The smart criteria are met by good goals: they are time-bound (have set deadlines), relevant (aligned with our larger aims), achievable (realistic given our resources), measurable (progress can be tracked), and specific (clearly stated).

For my short-term goal, I commit to completing the book I recently started by the end of this week. This goal is specific, has a clear deadline, and is readily achievable with focused effort.

My mid-term goal combines skill development in both writing and programming. I aim to enhance my writing abilities by publishing one blog post monthly for the next six months while completing two additional computer programming courses on Coursera. This structured approach allows me to build both technical and communication skills simultaneously.

Looking further ahead, my long-term goal focuses on personal growth through cultural experience. I plan to travel to several Asian countries within the next year to immerse myself in their diverse cultures and begin learning their languages. This goal combines my interests in cultural understanding with practical language acquisition.

Through these carefully structured goals, I've created a pathway for continuous growth while maintaining realistic expectations and clear timelines for achievement.

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