# **Learning Journal Unit 7**

Computer Science, University of the People

UNIV 1001 - Online Education Strategies - AY2024-T1

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**Reflection on Goal setting**

**Personal Experiences with Goal Setting:**

**My Unsuccessful Goal**: I had set a goal to lose 30kg in 6 months. Though I was very determined and motivated, I only managed to drop approximately 20 kg within that timeframe. The primary reason for not achieving this goal was its over-ambitious nature. While setting it, I had assumed I would have more time to exercise and follow a stricter regimen. However, the reality of my schedule and daily commitments didn't allow for the time I thought I'd dedicate. This miscalculation led to the goal being unattainable within the set time. But I still looked on the positive side that I had lost 20kg and still looked upon this as a success even though not a complete one.

**My Successful Goal**: On the professional front, I had a big project at work. The project came with a tight timeline and an extensive amount of programming and development. The stakes were high, but with careful planning, breaking down the timeline, and setting smaller, achievable goals, my team and I managed to stay on track and successfully complete the project. The key to our success was meticulous planning, effective delegation of tasks, and setting achievable benchmarks.

**Why is Effective Goal-Setting Important?**

A good goal is the prize we set for ourselves at the end of a long road. Since the journey is hard it always makes It easier if we have a good and clear image in our minds of the goal we are heading towards. Like a man stranded in the desert, if he keeps the image of a glass of water strong in his mind he can keep going through the hard and harsh environment to try and reach the goal. It’s the same with our day-to-day life, we set goals all the time from small goals of making lunch, to our jobs where we are given goals to accomplish and rewards for reaching those goals. It's important though to set realistic goals since unachievable goals can have the opposite effect on our lives. Goals like becoming something we are not can cause us to feel bad about our lives and depressed making other goals seem less achievable. So it's important to dream and aim high with our goals but to remember that we are only human and that our goals need to be reachable.

**Characteristics of Good Goals:**

Some characteristics to keep in mind when trying to set good goals are:

* Be Specific: A clear, concise goal rather than a vague one. Ex. Instead of “I want to be rich” say “I want to make 10% more money this year”
* Measurable: We should be able to measure the progress and outcome of a goal. So if we say “I want to read 5 books this month” I can follow my progress and know where I am at each point.
* Attainable: The goal should be realistic and achievable. “I want to achieve world peace” is a nice dream, but sadly not very realistic. Instead, say “I want to help 2 people today.”
* Time-Bound: Set a deadline for the goal to keep oneself accountable. Don’t set an open-ended goal, this usually makes the goal melt away into the background. A good goal should have a realistic deadline even if it's far away, like “I want to write a book before I'm 50” gives me plenty of time but keeps the goal in mind every birthday.

**My Three Goals:**

* **Short-Term**: Complete and pass my courses this semester. Includes preparing for upcoming exams.
* **Mid-Term**: Finish development of my person mobile app, I'm currently in mid-development and have set a goal to complete it in the next 2 months.
* Long-Term: Within the next 2 years, I want to complete and earn my B.Sc. in Computer science.

**References:**

1. Learning Guide Unit 7  
   <https://my.uopeople.edu/mod/book/view.php?id=386262>