

Assignment 1- Goal Setting

Part 1: In 5 years I will be...

<p>Family</p> <ul style="list-style-type: none"> -Financially able to take care of my grandmother and mother -With a significant other who'll have my back and I, his -Attending family coordinated events with my dad's extended family despite him most likely not being there. 	<p>Professional</p> <ul style="list-style-type: none"> -In a stable job at an influential company that's working with a number of nonprofits -Having a job that has a high amount of flexibility and allows me to constantly be creative, problem solving, and learning -Working or heading projects that require a large amount of teamwork and for the team I'm working with to be extremely cohesive -Working on projects that are in a wide range of varying fields requiring me to work with a diverse amount of people -Have a large network of people that I will be able to refer to for each of my jobs.
<p>Finances</p> <ul style="list-style-type: none"> -Making enough to be able to live comfortably while supporting my mother and grandmother -Saving along the way to be able to help any hypothetical future kids with their education costs -Saving up enough for my retirement and spending responsibly -Spending at that hypothetical airport 5 years from now on a flight to Europe where the trip will be part job and part vacation 	<p>Health</p> <ul style="list-style-type: none"> -Physically healthy, no broken bones or critically failing organs -My mental health will be doing surprisingly alright despite still learning how to balance stress with work <ul style="list-style-type: none"> -Despite the struggle, being able to enjoy my job contributes a lot to my wellbeing. -Keeping fit with yoga and tai chi, and hopefully be doing rock climbing on the weekends.

Part 2: The Comparison

For my comparison, the article I will be using is written on the subject of the effects of goal setting within Spanish class for the grade range from elementary to high school. Already, differences between my goals and this article are quite obvious. First and foremost, as a university student majoring in User Experience Design, despite having an interest in languages, none of the necessary criteria of my goals involve the Spanish language. Some key points that should be focussed on is that: the article brings up a good point about intrinsically motivated goals needing to be established and for those goals to be SMART. The reason why intrinsically motivated goals are important is because it helps with internally motivating oneself whenever getting something completed. When making the goals Specific, Measurable, Attainable, Relevant, and Time bound, it breaks the large goal into smaller more easily completable tasks. Looking at my goals, this is something I am going to have to keep in mind since the goals I have for the various categories are overly broad and seem overwhelming to to complete. That said, despite the article saying that intrinsically motivating goals are more effective, I believe a mix of both intrinsic and extrinsic is necessary in order to help a person to keep achieving their goals. For now, the goals I have for my ideal future self five years from now, will serve as a loose guideline of what I will be working towards for this program.

As for the portfolio comparison, within the article, it talks about the way in which goal setting and language learning was made more attainable for the various students participating in the study. Despite not necessarily using the goals I have written out within my portfolio, I find the ways students within the study organized their portfolios for goal attainment can be effective when setting project goals and organizing my portfolio in the future. For example, during a breakdown of the children's portfolio goals, in a section called "Language Biography", kids would assess their past and current language skills. With this section, I can adapt the format to assess my past and present skills that I would have readily available when doing a project entry for my portfolio. From there, with "Language Passport", when adapting this section, I will be able to assess my current abilities within the project and where I will need to grow to meet the needs to finish the project. Furthermore, this will be a good area to place project goals, expectations and skills that I intend to learn alongside this project. Lastly, with "Dossier of Evidence", when adapting this format to my portfolio, this could be a good section to lay out the deliverables for my project, alongside triumphs and failures that were encountered during the process of the whole project.

References

- Moeller, A. J., Theiler, J. M., & Wu, C. (2012). Goal setting and student achievement: A longitudinal study. *The Modern Language Journal*, 96, 153-157. doi: 10.1111/j.1540-4781.2011.01231.x