Written Assignment Unit 3: **Learning Journal Unit 7**

University of the People

**UNIV** 1001**-01 Online Education Strategies**

John Yegge, Instructor

January 1, 2025

Written Assignment Unit 7: **Learning Journal Unit 7**

**Reflection Topic: Goal-Setting**

Setting goals is one of the most important strategies for maintaining focus, managing time wisely, and achieving goals both in personal and academic aspects. Reflecting on my experiences, I realize how setting clear and achievable goals makes a difference.

A time when I set a goal and did not accomplish it occurred when I tried to exercise daily for one month. My goal was too general: "Exercise every day for 30 minutes." I failed because I didn't have a specific plan, didn't consider busy days, and got discouraged quickly after missing a few sessions. On the other hand, I succeeded with a goal to complete a Health Science course project on time.

This was done by breaking it down into research, outlining, and writing goals with a particular deadline; I also set aside an exact time each day for studying and frequently checked my progress.

The difference between these two outcomes was that the failed goal lacked structure and realistic planning, while the successful goal was specific, measurable, and supported by consistent effort. Setting goals effectively helps us in reaching our goals by giving us direction, motivation, and a clear plan of action. Good goals are SMART-specific, measurable, achievable, relevant, and time-bound. It is specific so we can see it clearly, measurable so we know how to track the progress, and it has a time-bound deadline to create urgency. The measurable and achievable goals can be reached, considering relevance to our capabilities and priorities.

With these insights, some of the goals that I have set are:  
**1. Short-term:** Permit myself to devote two hours every day this week to studying course materials, preparing for discussions, and completing assignments on due dates.

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**2. Mid-term goal:** My goal is to get a 3.5 grade point average or higher in this term by being consistent with the study plan, actively participating in discussions, and asking for feedback when needed.

**3.Long-term goal:** I will be able to finish my degree in Health Science within the next three years, applying in that time knowledge to help my community improve health and wellbeing. These objectives are also in accordance with the SMART criteria and thus tangible and achievable. I will be able to meet these goals through periodic checks into my progress, modifications in strategies if needed, and being true to my priorities.

Ultimately, goal-setting instills structure and provides the focus that helps me seek the right balance between education and personal growth effectively. The capability of being disciplined and adapting to changes will surely allow me to stick by my goals and therefore ultimately succeed in this education quest.