Goal Setting

Setting personal goals for achievement

Why set goals

- Road map
- Reminder
- Motivation
- Healthy psychological process
- Create a feeling of achievement and structure
- Clarity

"Goal setting has been shown to help improve the outcome in treatment, amongst studies done in adults with depression. (Weinberger, Mateo, & Sirey, 2009)"
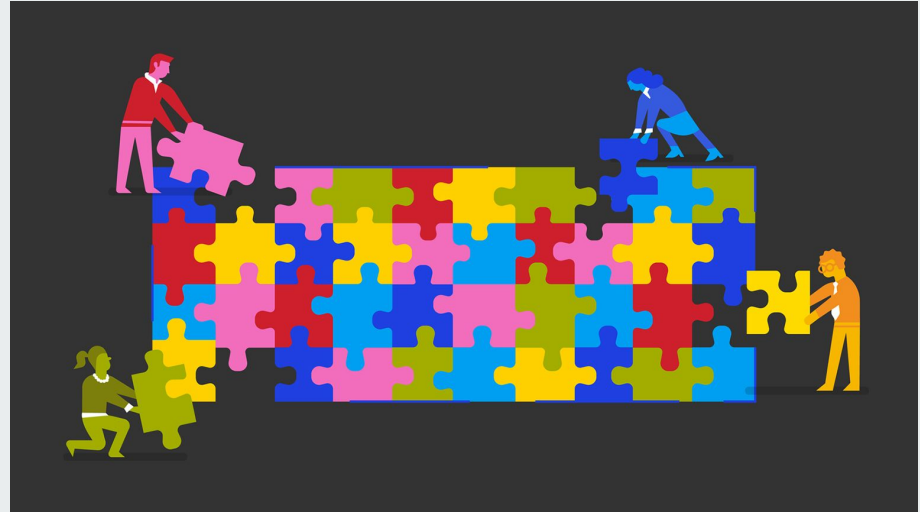
The keys to goal setting

- **Be specific**
- **Measurable**
- **Time bound**
- **Write them down**

What to aim for?

- **What kind of goals or aims could we set in relation to this course?**

1. **Attendance**
2. **Work completed**
3. **Personal projects**
4. **Portfolio item**
5. **Extra work**

Activity - Goal Setting:

- Create and write down 3 goals for the first 10 weeks of this course.

- Remember:
  - Write them down?
  - Are they measurable?
  - Are they specific?

Remember S.M.A.R.T

S	SPECIFIC	Your goal is direct, detailed, and meaningful.
M	MEASURABLE	Your goal is quantifiable to track progress or success.
A	ATTAINABLE	Your goal is realistic and you have the tools and/or resources to attain it.
R	RELEVANT	Your goal aligns with your company mission.
T	TIME-BASED	Your goal has a deadline.