


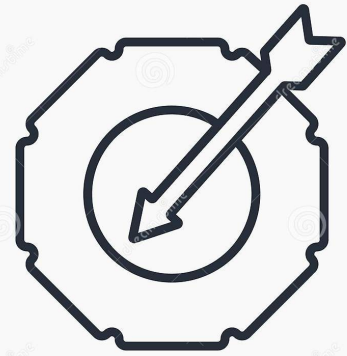
Guidelines

- Please keep yourself on mute.
- Pin the presenter's screen.
- Use the chat box for Answering Queries and concerns.
- Please do not use the option "present screen"
- You are allowed to chat with the teacher and not among yourselves.



Goal Setting for students

What is goal setting ?



Goal setting is **the process of deciding what you want to accomplish and devising a plan to achieve those desired results. ...**

WHY IS GOAL SETTING CRITICAL?

*Goals create
focus & direction*



*Goals challenge
you to grow*



*Goals drive you
to take action*



*Goals offer
inspiration*

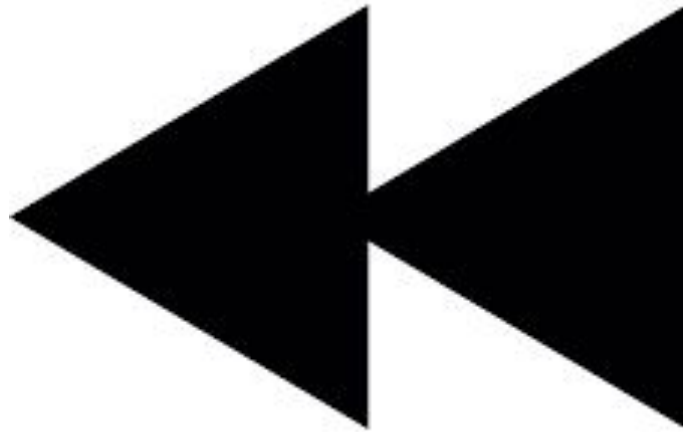


Goals help describe success. People tend to maintain expectations, not surpass them. Thus, expectations or goals should be challenging, yet within a person's grasp.

HOW
DOES IT
WORK



Always work in reverse



Believe Big. The size of your success is determined by the size of your belief. Think little goals and expect little achievements.

David J. Schwartz

quote fancy

However, in order to achieve your goal you must break it down



A little
progress each
day adds up
to big results

The Model

5 Step Goal Setting Process



Brainstorm



Write It Down



Track Your Progress



Check-In Frequently



Celebrate!

BREAK IT DOWN

Think of the top 2-3 milestone Actions you need to do to accomplish this priority. Write down what they are, who will do them and by when.

MAKE IT ACTIONABLE

Use a verb when writing your priority name. Be clear and specific about what you will actually *do*. Anyone should be able to understand your goal.

CONNECT TO WHY

Understanding how this goal fits into the big picture is important and will help you stay motivated. Link this priority to your longer-term strategy or connect it to your larger goals.



ASSIGN AN OWNER

Many people may contribute work to your priority or goal, but there should only be one owner – one person who is ultimately accountable for the priority's success.

DEFINE SUCCESS

Agree on clear success criteria for your priority so that everyone is aligned on what achieving the goal looks like. We use a simple Red-Yellow-Green method.

ESTABLISH TIMING

Set clear start and end dates for your priority. Be realistic about when you can accomplish this goal. Having a set due date in mind will help you plan your execution.

Get started

6 GOLDEN RULES WHEN GOAL SETTING

Setting yourself up for success, not failure



Future-proof your goals



Create a clear roadmap to achieve your goals



Take considered risks



Have an attitude of action



Goals offer inspiration



Implementation

- Think about the results you want to see. Before you set a goal, take a closer look at what you're trying to achieve and ask yourself the following questions: ...
- Create SMART goals. ...
- Write your goals down. ...
- Create an action plan. ...
- Create a timeline. ...
- Take action. ...
- Re-evaluate and assess your progress.

SMART Goals

- S** Specific → What do you want to achieve in your area of focus?
- M** Meaningful → Why is this goal important to you?
- A** Action Oriented → What steps will you take to achieve it?
- R** Realistic → How do you know that you can achieve this goal?
- T** Timely → By when do you want to achieve this goal?

The 10 Main Benefits of Goal-Setting

1. Improves your self-image
2. Makes you aware of your strengths.
3. Makes you aware of your weaknesses so you can begin to improve them and make them into your strengths.
4. Gives you a sense of past victories and provides a stimulus for present successes.
5. Helps you visualize.
6. Gives you a track to run on so you can see where you have to go.
7. Forces you to set priorities. Priorities establish direction to your pursuits.
8. Defines reality and separates it from wishful thinking.
9. Makes you responsible for your own life.
10. Serves as a criterion to sharpen decision making.



Challenges of goal setting

Although goal setting is rewarding, some difficulties do exist:

- It is sometimes difficult to quantify and qualify what goals or actions should be.
- Goal setting takes time. Initially the members must be introduced to the process, develop necessary skills, implement procedures and record evaluations.



2MC

S.M.A.R.T.



**A GOAL
WITHOUT
A PLAN
IS JUST
A WISH**
——>>

