WHAT ARE GOALS?
 Definition
 Tasks or achievements that you are consciously and actively trying to attain

 Purpose
 Provides direction and motivation to stay on track towards task completion

 Effective goals are:
 - Challenging
 - Realistic
 - Specific
 - Intrinsically motivating (definition of intrinsic motivation on the next page)

RESOURCES

Link

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SETTING GOALS
For Students and Parents
### TYPES OF MOTIVATION

**Extrinsic**
- **What is extrinsic motivation?**
  - Completing a task for an external reward
- **Examples of extrinsic motivation:**
  - Getting good grades in return for money or a gift from family
  - Making decisions to meet other people's expectations
  - Making decisions to gain approval from others

**Intrinsic**
- **What is intrinsic motivation?**
  - Completing a task for personal interest or satisfaction
- **Examples of intrinsic motivation:**
  - Exploring what interests YOU
  - Making decisions that align with YOUR own interests and values
  - Pursuing a task for self-fulfillment

### GOAL SETTING

**Setting a goal includes 3 practices:**

**Self-Regulation**
- Utilizing strategies to stay on track
- **Examples:**
  - Splitting a goal into smaller tasks
  - Rewarding yourself when you complete a task

**Self-Monitoring**
- Observing the progress you are making towards your goal
- **Examples:**
  - Checking to see if you are meeting deadlines
  - Keeping note on how you are progressing

**Self-Assessment**
- Evaluating your progress and making changes, if necessary
- **Examples:**
  - Seeking a different strategy
  - Revising your plan of action

### STRATEGIES

**Definition**
- Actionable steps required to reach a goal

**Effective Strategies**
- Achieving a goal often requires the utilization of multiple strategies
- It is important to apply the appropriate strategy for a specific task

**How to Use**
- Understand various strategies that are available (e.g., divide goal into small tasks)
- Apply a strategy to a specific task (e.g., use a planner to write down deadlines for individuals tasks)
- Change strategies based on assessments (e.g., extend deadlines if needed)