

Goal Setting - Essential for Study Success

Whether it is a business manager wanting to achieve increased sales, an athlete wanting to succeed in a competition or a high school student who dreams of their future career, one of the secrets of successful people is that they have clearly defined goals.

Goal-setting is a skill. When it is utilised well, goal-setting can lead to motivation and success.

It is ideal to start with a long term goal and work backwards. Long term goals can be difficult if a student is not sure which career path they would like to follow, but even in this situation, a more general goal, such as *I plan to achieve an OP that allows me to go to university if I choose*, can be helpful.

Medium term goals can be easier to construct - they are often defined in periods of one or two years. Some students set these goals by determining the results to be achieved for a particular subject, others identify an organisational skill such as *This year, I will complete a draft of each assignment at least one week before the due date*.

Short term goals are essential, and can help students determine what they want to achieve in a week or even an individual study session.

For a goal to help rather than hinder there are a few things to consider in the construction. Goals should be:

Measurable: a clearly defined goal will identify what is to be achieved and when.

Achievable: goals need to be realistic - too high a goal will lead to disappointment. However, at the same time, this is not an excuse to have goals that are unrealistically low.

Conceivable: students need to believe they can achieve the desired outcome. Negative self-talk will only be self-defeating.

Adaptable: being able to change with new circumstances is essential to maintaining a sense of purpose.

Education Rules!!! offers students assistance with the development of goal-setting and other skills essential for study success.

