

## 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

<https://bit.ly/3KiwnUT>

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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)