

Class,

Research shows that successful people in all walks of life set goals, and while we may not be able to completely control our lives, we can employ many of the strategies discussed in the TED Talks event we reviewed in class this week (Activity #2).

To that end, we'll be working on goal-setting for this course specifically and monitoring success throughout the term using reflection. How? This term we'll be using the Journal feature in the course shell as part of our class activities. Each week, you'll respond to a "prompt" that I'll usually write on the board in class. The journal entries will focus on first setting your goals and outlining a basic plan for reaching these as well as spending time each week reflecting on how well you've put your plan into action and whether or not you are on track to achieve the goals you've set. This will also provide an opportunity for rethinking your strategies and adjusting your plans as needed.

Ideally, this activity will, like the research process we'll work with as part of the course objectives and course project, provide you with the tools you'll need throughout the rest of your academic career and onward as you graduate and enter your chosen field.

Be sure to "share" the journal entry with me.

Week 2 Journal Entry Prompt: (Establish a plan for success in the course.)

Answer these questions, but feel free to also add questions of your own. Write a solid paragraph of about four or five sentences minimum for the journal entry.

Why are you taking this course? What specifically are the three top goals you have for this course? Explain why these are important to you. **What specifically will you do to achieve these goals?** What potential stumbling blocks or challenges do you foresee to successfully completing your goals? What strategies will you need to adopt to overcome or reduce these?

Week 3 Journal Entry Prompt: (Reflect on progression towards goals.)

Answer these questions, but feel free to also add questions of your own. Write a solid paragraph of about four or five sentences (minimum) for the journal entry.

Did you review the Gradebook and click on the grade to read my comments? How are you doing with your plan for the course? What is working well? What, if anything, needs to change? Have you reached out for help, and if so, what have you done? **What specifically will you do going forward, and how will this help you sustain or revise your plan for success?**

Week 4 Journal Entry Prompt (Recognize strengths and needs; Learn structured goal setting techniques.):

Everyone,

This week's journal entry requires a "quiz" be completed first.

First, open another window and copy and paste this link --

http://www.mindtools.com/pages/article/newLDR_57.htm -- to avoid losing the course information and to reach a quiz to assess your self-motivation level.

Take the quiz and review the results and the information you receive based on your answers.

Then, use the results of the quiz and the five characteristics of successful goals based on Locke's Goal Setting Theory (Mind Tools, 2014) to set one specific goal for Week 4.

This must be connected to this course, not your college career in general. However, it could center on an area that needs improvement or an area you simply want to strengthen. (This might be based on the overall grade, feedback on a paper, etc.)

Be sure to explain how your specific goal meets all five characteristics (using the information from the quiz) and what *specifically* you will be doing to meet this goal as well as *how exactly* you will measure your success next week.

Remember, post your response not here but in the Journal; find this in the Toolbar between Dropbox and Weblibliography. Be sure to title it Week 4 Journal Entry.

Feel free to also add questions of your own. Remember to write a solid paragraph of about four or five sentences minimum for the journal entry.

Week 5 Journal Entry Prompt (Reflect on progression towards goals and revise as needed.):

Everyone,

Answer these questions, but feel free to also add more questions of your own. Write a solid paragraph of about four or five sentences (minimum) for the journal entry.

At this point, we have passed the halfway mark in the course. Review the Gradebook and your journal entry from last week. Did you meet the goal you had set? How did you make this happen if you were successful? If not, what should you have done differently? Why?

Now, set one new specific goal for this week, related to this course. Write the goal as a sentence, and then explain how it meets the five parts of a successful goal as noted in the

Motivation Quiz's list, copied verbatim though the Discussion structure doesn't allow for blocked quotes:

"According to Locke's goal-setting theory, your goal should have the following characteristics:

Clarity – Effective goals are clear, measurable, specific, and based on behavior, not outcomes.

Challenge – Goals should be difficult enough to be interesting, but not so difficult that you can't reach them.

Commitment – Goals should be attainable, and should be relevant – that is, they should contribute in significant way to the major objectives you're trying to achieve.

Regularity of Feedback – Monitor your progress towards your goals regularly to maintain your sense of momentum and enthusiasm, and enjoy your progress towards those goals.

Sufficient Respect For Complexity – If the goal involves complex work, make sure that you don't over-commit yourself. Complex work can take an unpredictably long time to complete (particularly if you have to learn how to do the task "on the job")"

(as cited in Mind Tools, 2015).

Week 6 Journal Entry Prompt (Reflect on progression towards goals and revise as needed.):

Everyone,

Answer these questions, but feel free to also add more questions of your own. Write a solid paragraph of about four or five sentences (minimum) for the journal entry.

At this point, we are swiftly moving towards the end of the course, but there is still some time to adjust goals as needed. Review the Gradebook. Note the current point total as well as the points remaining. What exactly is needed to achieve your desired final grade? Is this possible? What needs to be adjusted as far as your original goals?

Now, review your journal entry from last week. Did you meet the goal you had set? How specifically did you make this happen if you were successful? If not, what should you have done differently? Why? How exactly did this goal connect to Pink's three requirements for intrinsic motivation – autonomy, mastery, and purpose?

Now, set one new specific goal for this week that is related to this course. Write the goal as a sentence, and then explain how it meets the five parts of a successful goal according to Locke's goal-setting theory (last week).

Week 7 Journal Entry Prompt (Reflect on progression towards goals and revise as needed.):

Answer these questions, but feel free to also add questions of your own. Write a solid paragraph of about four or five sentences (minimum) for the journal entry.

The course is almost over, and most of your assignments have been completed. Take a few moments to review the first journal entry, the one with the three initial goals. Have you met these, or are you on track to meet these? Why or why not?

Now, reflect on your experiences so far in the course. Consider your grade to date, the individual conference experience, the time devoted to the course, etc. What is working well? What specifically are you doing to make this happen? What, if anything, needs to change? How will you make this happen?

Week 8 Journal Entry Prompt (Critically reflect on your overall efforts and accomplishments this term in this course.):

Answer these questions, but feel free to also add questions of your own. Write a solid paragraph of about four or five sentences (minimum) for the journal entry.

The course is almost over, and most of your assignments have been completed. Critically reflect on the term and your efforts overall. Honestly evaluate your efforts and accomplishments using the Gradebook, feedback on writing assignments, goal status for the original three goals, etc.

What specifically worked well? Why? What specifically did you do to accomplish this?

Now, what specifically, if anything, should you have done differently? How might this have helped you reach your goals?

Finally, going forward, what specifically have you learned from the journal writing activity to help you in future courses? How will this impact your approach in the future? How specifically will you apply this strategy to develop the three aspects of self-motivation noted by Pink in the presentation from Week 1 – autonomy, mastery, and purpose?