

MOTIVATION & GOAL SETTING

Academic Study Skills

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INTRODUCTION

The points that this presentation will focus on are...

- Motivation strategies
- Goal setting strategies
- Overcoming procrastination
- How each topic has influenced my own personal and academic development

MOTIVATION

Intrinsic

- Self worth
- Knowledge
- Growth
- Pride
- Dedication
- Fun
- Passion

Extrinsic

- Deadlines
- Social status
- Money
- Prizes
- Winning
- Fear of failure
- Points

SETTING OBJECTIVES



("Study Skills –
Motivation", 2018)

MAINTAINING & INCREASING YOUR MOTIVATION

- (Video link)
- ("Subject Guides: Essential Study Skills: Setting Goals", 2018)

GOAL SETTING

Short-Term goal :

Something you want
achieve in the near
future

Long-Term goal :

Something you want
to achieve further on
in the future

GOAL SETTING

SPECIFIC

MEASURABLE

ACHIEVABLE

REALISTIC

TIMELY



IF YOU KNOW
WHAT IT IS THAT YOU WANT TO
ACHIEVE, GOAL-SETTING
IS WHAT BRINGS IT ABOUT.

Dr. Edwin Locke
THE TALENTGROW SHOW
EPISODE 95

GOAL SETTING THEORY

- Professor Edwin A Locke (1938)
 - American psychologist
 - Developed his goal theory in 1968
 - Goals and intentions encourage human behavior
 - Controlled by our values and beliefs
-
- (Locke & Latham, 2002)

SMART Goal Setting Worksheet

1. What is the goal? _____

2. Why is the goal important? _____

3. SMART goal checklist

Specific ☐

Is the goal clearly written, with no ambivalence? Is it clear who needs to accomplish the goal, and any support they might expect?

M measurable

Does the good
of how many,
often?

Achievable

Can you get the
achieve the good
you have all the
achieve the good
realistic?

Relevant ☐

Does the goal make a difference in your career? Is it going to make an improvement in your personal life? Is it going to significantly make a difference to your business?

Time-bound

Does the goal state a clear and specific completion date?

4. List potential problems that might keep you from completing your goal.

5. Goal Completion date _____

ACTION ITEM	WHO	WHEN
-------------	-----	------

ACTION ITEM	WHO	WHEN
-------------	-----	------

ACTION ITEM	WHO	WHEN
-------------	-----	------

ACTION ITEM	WHO	WHEN
-------------	-----	------

ACTION ITEM	WHO	WHEN
-------------	-----	------

ACTION ITEM	WHO	WHEN
-------------	-----	------

Currently I can

I need to improve

List ways to reach your goal:

3. _____

4. _____

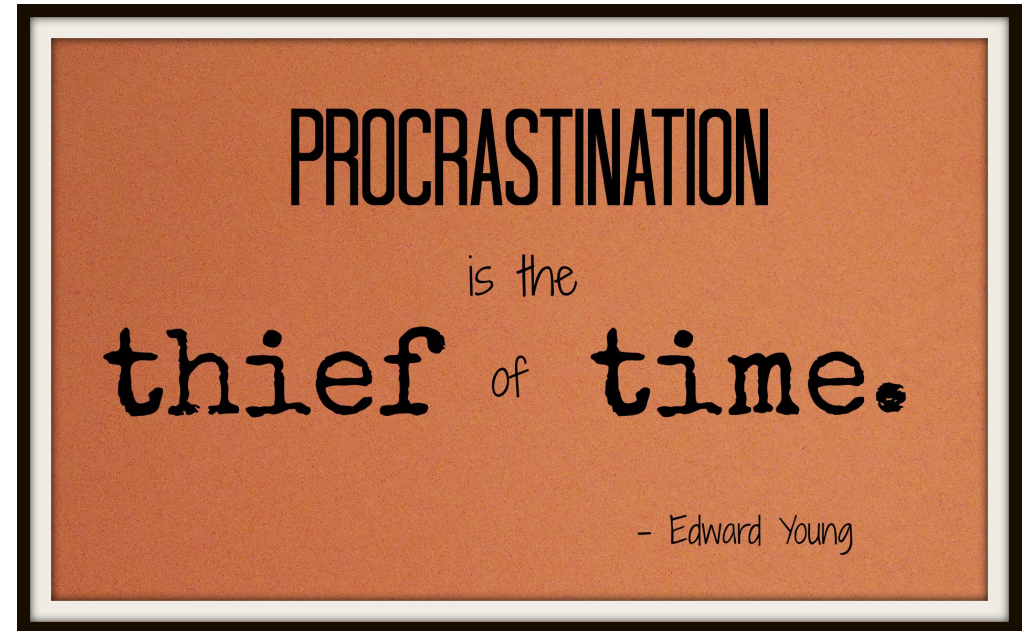
5. _____

I will achieve the goal on this date:

12117

OVERCOMING PROCRASTINATION

- **Ways I have overcome procrastination:**
 - Organized my work environment
 - Organized my time using calendars and diaries
 - Completed the difficult and important tasks first
 - Reminded myself of the benefits of completing the task
 - Rewarded myself for finishing a small part of a large task



CONCLUSION



I can now see that being motivated, setting myself goals and overcoming procrastination is beneficial to my academic development and also boosts self-confidence.



Thank you for listening,



Any questions?

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