



**KENNESAW STATE
UNIVERSITY**

NORMAN J. RADOW COLLEGE OF
HUMANITIES AND SOCIAL SCIENCE
Office of Academic Innovation

"TOOLS FOR SUCCESS" NEWSLETTER

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STUDENT GOAL SETTING

OVERVIEW

This series highlights a "tool" from our [Toolkit for Student Success in the Classroom](#). Each newsletter contains resources that are ready for you to try in your classroom! Try this innovation just once - a small change might have a big impact on student learning!

REFERENCES

Paulson, Eric J., and Laurie Bauer. "Goal Setting as an Explicit Element of Metacognitive Reading and Study Strategies for College Reading." NADE Digest 5, no. 3 (2011): 41-49.

Garavalia, Linda S., and Margaret E. Gredler. "An exploratory study of academic goal setting, achievement calibration and self-regulated learning." Journal of Instructional Psychology 29, no. 4 (2002): 221.

Kleingeld, Ad, Heleen van Mierlo, and Lidia Arends. "The effect of goal setting on group performance: A meta-analysis." Journal of Applied Psychology 96, no. 6 (2011): 1289.

Taking the time to have students write their goals for the class and/or assignments. Doing so pushes students to find those connections to their own future goals and is an essential component for student growth as it personalizes the learning process based on their needs, creates intention and motivation, and establishes accountability to shift responsibility to students.

In our world we often use SMART goals. These are a good model for students as well. SMART Goals are:

S – Specific
M – Measurable
A – Actionable/Achievable
R – Relevant/Reachable
T – Time bound

Goal setting can also be useful in the classroom when employing group or team projects. Setting goals as a team gives everyone the opportunity to display and develop their skills and contribute their unique skills to the common goals. It also is a process that requires collaboration and communication and can then lead to generating an action plan, timelines, and accountability check ins.

SAMPLE RESOURCES

- [Student Individual Single Goal Setting Worksheet](#) (fillable PDF)
- [Self-Assess your Goal Setting Worksheet](#) (fillable PDF)
- [Group Project Planner Planner Template](#) (fillable PDF)

