

SKILLS DEVELOPMENT ASSIGNMENTS FOR STUDY TECHNIQUES

Goal Setting and Personal Values

Reading Assignment

Request the following textbook:

On Course: Strategies for Creating Success in College and in Life – Discovering Self-Motivation

Read the selected chapter pertaining to goal setting and personal values and take notes while you read.

Internet Assignments

Internet Video Lessons – Review at least two of the following online videos. Take notes while you watch.

[Values and Goals](#)

[Goal Setting: Discovering Your Gifts](#)

[Goal Setting and Action Planning](#)

Application of Learning

Create a short-term goal that can be completed in one week. It must be challenging and achievable.

- Write a half-page summary of your work. What did you learn? What grade would you give yourself on this project? Why? What would you do differently next time?

Create a long-term goal plan according to what you have learned thus far. It must be challenging and achievable.

- Write a half-page summary of your work. What did you learn? What grade would you give yourself on this project? Why? What would you do differently next time?

Assessments

Ask your Skills Development Instructor for the final reflection for this assignment entitled *Reflection is Part of Learning*.