



# Setting & Accomplishing Realistic Goals

## Overview

Students aren't born knowing how to set effective goals, but it is a skill that can be taught. Goal-setting is an important behavior management skill that can support students to sustain motivation and achieve success. According to research in business and general psychology, goal-setting works to help individuals focus efforts, stay motivated, and prolong persistence (Weinberg and Gould, 2010). This interactive workshop is designed to help students understand the goal-setting process and implement it as a tool to reach their potential and achieve their educational goals.

### Objectives:

#### Students will learn:

- Learn the importance of goal-setting
- Understand the definition of goals
- Explore different types of goals
- Be able to articulate SMART goals (Smith, H.W., 1994)
- Develop an awareness regarding roadblocks and obstacles to effective goal setting
- Learn how to stay focused on achieving goals

**Please Note:** StudentLingo individual products and packages for students, such as Title IX, Campus Culture & Inclusivity Package are not part of the Go2Knowledge membership.

## Presenter



**Laurie L. Hazard**  
*Bryant University in Smithfield*

Laurie L. Hazard is the Assistant Dean for Student Success at Bryant University in Smithfield, RI. As a member of the Applied Psychology Department, she writes about parent involvement, student personality types and classroom success. She is an award-winning expert on how students can make successful transitions from high school to college. After earning her Master's of Education degree from Boston University in counseling, she received a Doctoral degree from Boston University in Curriculum and Teaching. Laurie is co-author of the book *Foundations for Learning*, 3rd Edition (2012, Prentice Hall), which is designed to help students make a successful transition to college by encouraging them to take responsibility for and claim their own education. Hazard's textbook has been adopted by colleges and universities around the country, including Boston University, University of Nevada, and Texas A&M. Richard J. Light, the Walter H. Gale Professor of Education at Harvard University, calls Hazard's book "a winner for any college student" that is a "beautifully written joy to read."

Laurie has won numerous awards for her work with first-year students and their parents, including the National Resource Center for The First-Year Experience and Students in Transition's Outstanding First-Year Student Advocate; the Learning Assistance Association of New England's Outstanding Research and Publication Award; and the Learning Assistance Association of New England's Outstanding Service to Developmental Students Award. Most recently, Laurie received the CRLA Northeast's Outstanding Service to the Field of Developmental Education Award.

Laurie's expertise has garnered national media attention. She has been interviewed and cited as an expert in the Associated Press, Seventeen Magazine, The Chicago Tribune, The Times Picayune, The San Diego Tribune, and Student Affairs Leader. Laurie has also been a guest columnist for the Washington Post's Answer Sheet: A School Survival Guide for Parents (And Everyone Else). Her articles offer concrete advice for parents of new college students: "How to Help Your Child Adapt to College Life," and "Parents Should Leave their Kids Alone at College." Most recently, Laurie has written a book with co-presenter Stephanie Carter, called *Your Freshman Is Off To College* (2016).