THRIVE

Wellbeing and study success

Presented by:
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Session 2: Achieving your study Goals

What is this program all about?

No Recordings

Today's session will NOT be recorded for your privacy.

These sessions are:

- Safe
- Respectful
- Inclusive
- Non-judgemental

Success

What does success mean to you?

Success

The accomplishment of an aim or purpose.

i.e. Achieve your goals

Success

Success is different for every student.

Taking the time to define success for yourself is a mandatory first step in goal setting.

Predictors of Success

What are they?

Predictors of Success

- Wellbeing
- Time
- Attendance
- Self-Efficacy
- Peer Relationships
- Clear Goals

Wellbeing

How can you maintain your wellbeing while studying?

Build your environment around the PERMA model discussed last week

Time

Where should it be spent?

How can you manage it?

Come to Session 3 – Time Management

Attendance

Do you need to attend class/seminars?

Why?

Remember the double meaning of 'Attendance'

Self-Efficacy

What is it? *The belief you have the power to produce an effect*

Why is it important?

How can it be increased?

Self-Efficacy

Mastery of Experience (Bandura)

- Achieving a goal raises self-efficacy
- Missing a goal reduces self-efficacy

Peer Relationships

How can good peer relationships increase success?

- Reduced feelings of isolation
- Collaborative Learning
- Study/Life Balance

Clear Goals

Why?

What are anti-goals?

What is the best structure for goals/anti-goals?

S.M.A.R.T

- Specific
- Measurable
- Achievable
- Relevant
- Time Bound

Every S.M.A.R.T goal should map directly to your defined success

Summary

- Defining your success allows defined goals
- Defined goals (S.M.A.R.T) allows directed effort
- Achieving goals increases self-efficacy
- Increased self-efficacy increases chances of success

What will you take away from today?

The goal is *Progress* not *Perfection*