

THRIVE: Achieving Your Study Goals

- 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 – clear goals, time, attendance, self-efficacy, peer relationships, wellbeing
- Defined goals (S.M.A.R.T) allows directed effort
- Achieving goals increases self-efficacy
- Increased self-efficacy increases chances of success
- Self-efficacy refers to an individual's belief in his or her capacity to execute behaviors necessary to produce specific performance attainments

Deakin Resources

[Trimester and weekly planner](#)

[Study workload planner](#)

[Assessment planner](#)

[Organising your studies](#)

Further Resources

[Ted Talk: Why the secret to success is setting the right goals](#)

[How to write SMART Goals](#)

