



GEN 0104 Self-Development

Week- 7: Unit 4: S.M.A.R.T.Goals

Lecturers:

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<http://www.ssrु.ac.th>

Discussion:

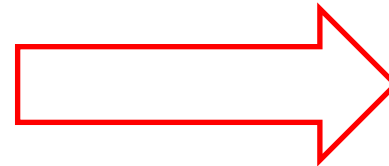
- Sigmund Freud Theory
- Carl Jung Theory of Personality
- Big Five Personality Traits:
(O.C.E.A.N)
- Goals

What are SMART Goals?

What is a goal?

A goal can be any objective that you set for yourself and push yourself to achieve.

What are SMART Goals?



S.M.A.R.T. Goals

S: Specific

Clear + focused

M: Measurable

how is it complete?

A: Attainable

can it be done?

R: Relevant

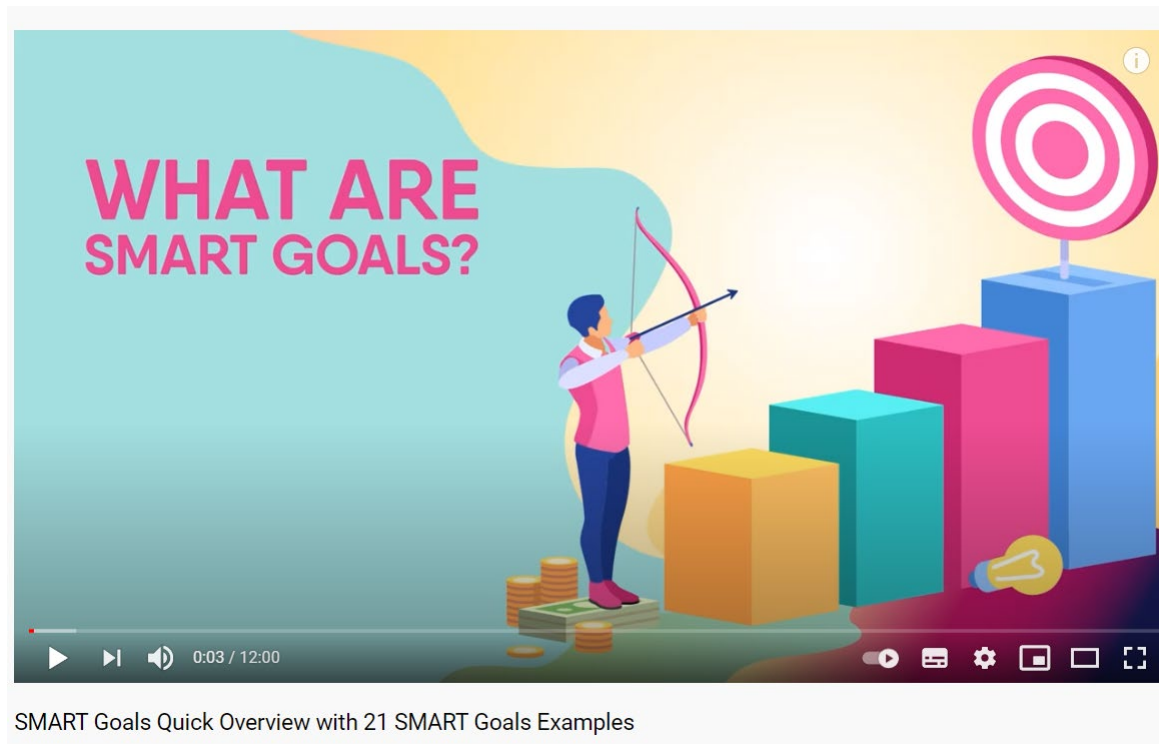
does it tie into my goals?

T: Time-bound

when will it end?

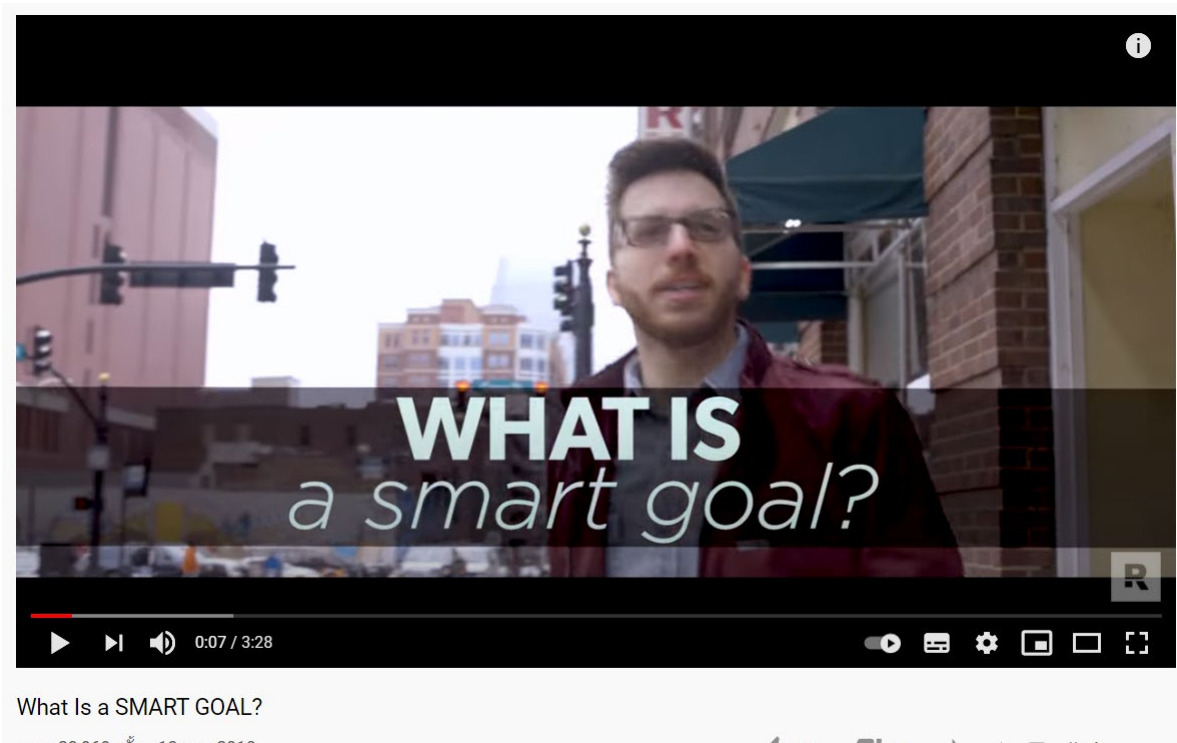
SMART Goals Quick Overview with 21 SMART Goals examples?

<https://youtu.be/eIJcG83m-qg>



What is a smart Goal?

<https://youtu.be/xy9TcqgpIJk>



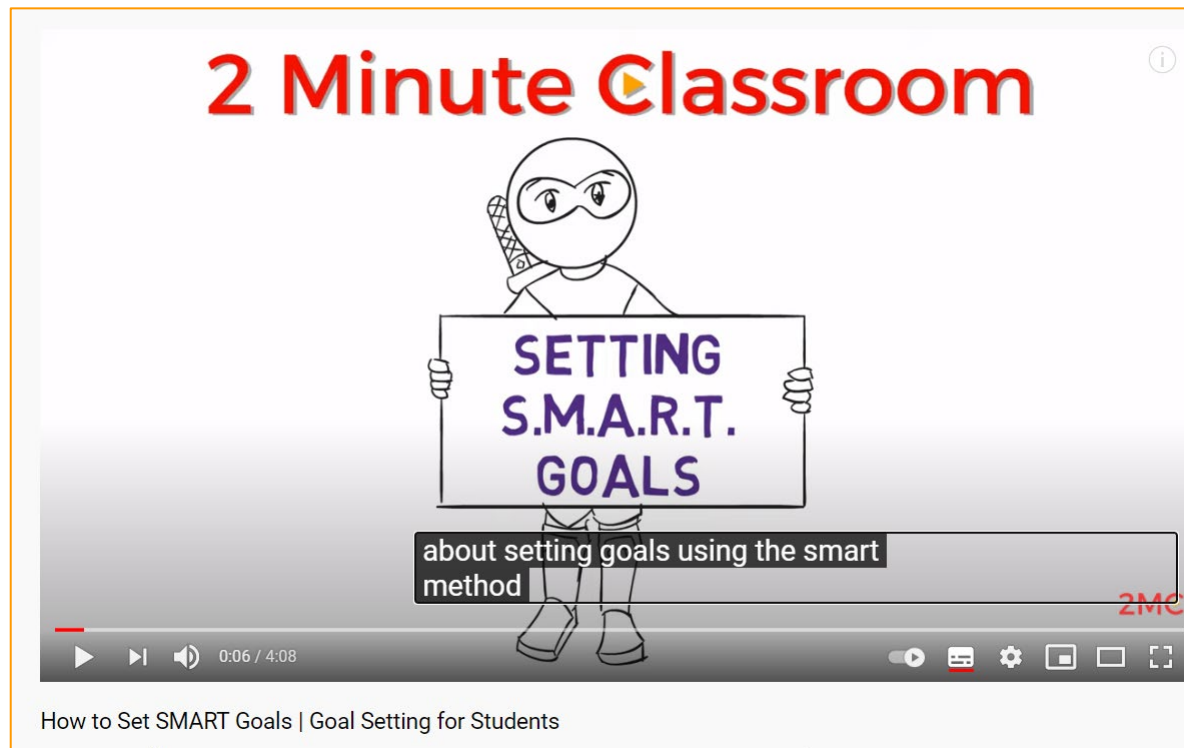
Smart Goals

<https://youtu.be/1-SvuFIQjK8>

The image shows a YouTube video player interface. At the top, the text "S.M.A.R.T. GOALS" is displayed in a large, bold, black font. Below this, there is a circular logo featuring a blue profile of a human head with two curved arrows forming a circle around it. A black subtitle bar at the bottom of the video frame contains the text: "Regardless, if it is professional or personal we all struggle sometimes to achieve our goals. Many times our struggle is not because of a lack". The video player's control bar at the bottom shows a play button, a progress bar at 0:03 / 3:57, and various control icons (mute, settings, full screen, etc.). The video title "SMART Goals - Quick Overview" is visible below the player.

How to set SMART Goals: Goal Setting for students.

<https://youtu.be/i0QfCZjASX8?t=6>



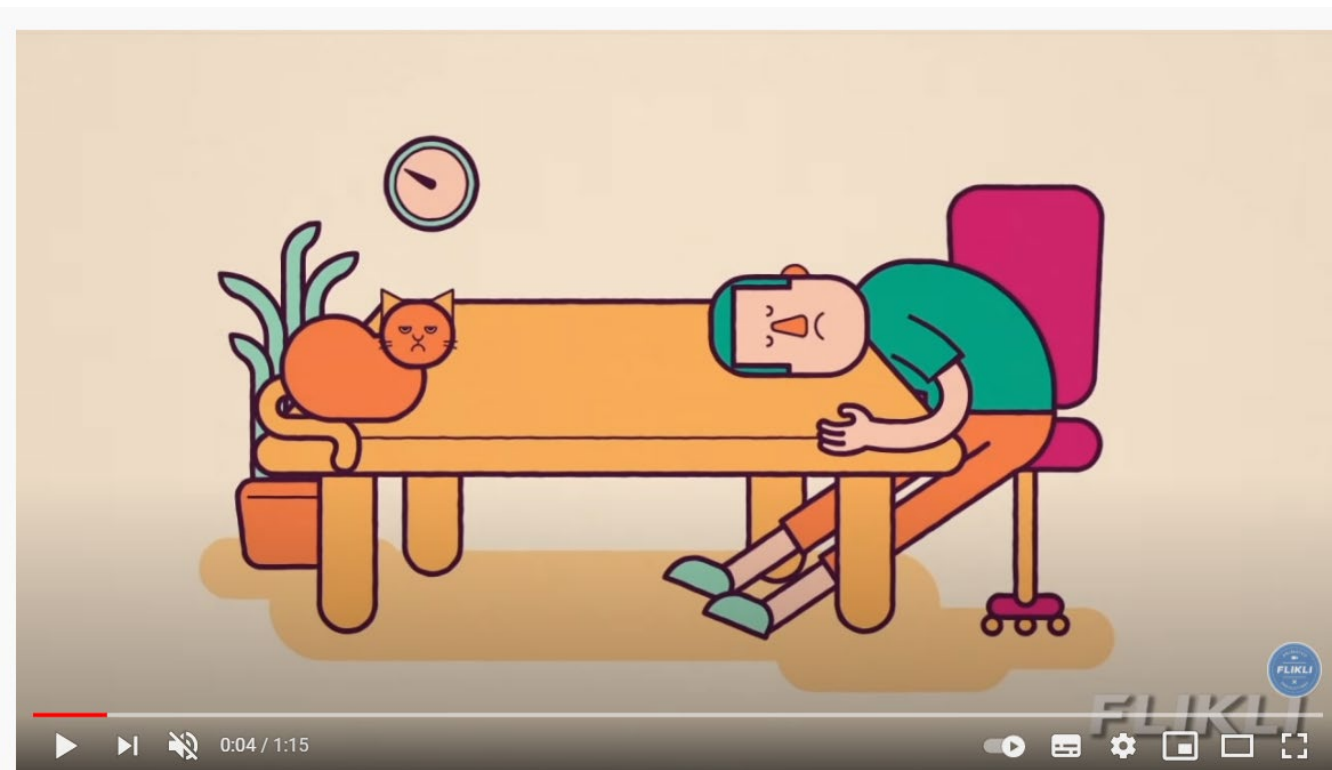
How to set Smart Goals?



How To Set SMART Goals

Achieve more by setting SMART Goals

<https://youtu.be/yA53yhiOe04>



Achieve More by Setting Smart Goals

Setting SMART Goals

https://youtu.be/Iyl_v-0_Cds



Setting SMART Goals

SMART Goals: Goal Setting for students.

https://youtu.be/3PA-O_u2BIk



Setting SMART Goals - Students

Break 10 min

S.M.A.R.T. Goals

<https://youtu.be/qxQI5tyRUes>



A Complete Guide to Goal Effectively



How to Write SMART Goals

Everyone needs a goal. Whether it's in a business context or for personal development,

Lifehack

0:03 / 4:38

How To Write Smart Goals Effectively

การดู 12,600 ครั้ง • 3 มิ.ย. 2020

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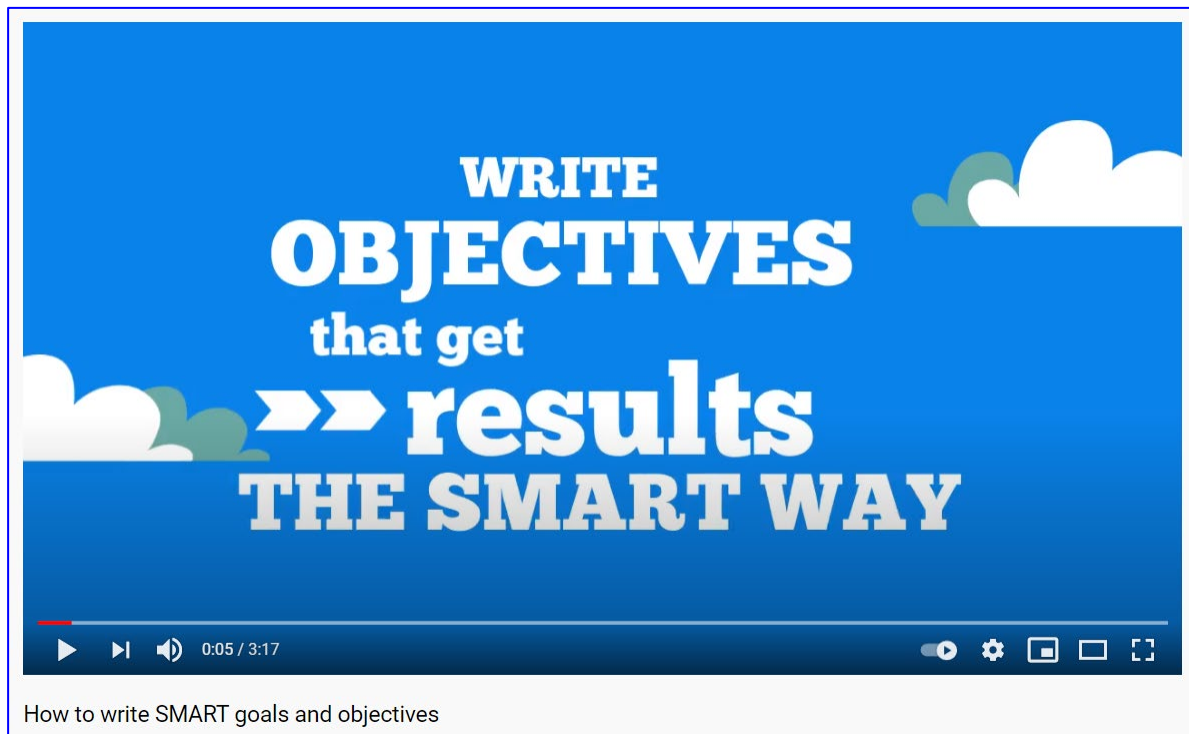
<https://youtu.be/ptD0T-ZcF2M>



Steve Jobs Motivational Speech | Inspirational Video | Entrepreneur Motivation | Startup Stories

How to write SMART Goals and Objective

<https://youtu.be/bcB4CuI9Uso>



What 's the difference: Goals and Objective?

Goals:


What you want to be, do or have.

Objectives:

How you intend to achieve it.

Explaining How to set SMART Goals

<https://youtu.be/d6o5PyJM3bY>



The image shows a YouTube video player interface. The main content is a blue square with white and yellow text that reads: "EVER HAD A GOAL YOU COULDN'T COMPLETE?". Below the video frame is a standard YouTube player control bar with icons for play, next, volume, and a progress bar showing 0:12 / 7:13. On the right side of the control bar are icons for mute, closed captions, settings, and full screen. Below the video frame, the video title "Explaining How To Set SMART Goals" is visible on the left, and a grey button with the Thai text "บันทึก" (Record) is on the right.

Personal Growth Goals

1. Learn more
2. Be a great listener
3. Wake up early
4. Let go of the past
5. Be more creative

Help Students
Set
Personal Goals

go to college

be a vet

learn about science

get better at soccer

be a good friend
be kind

friends

thrivingyoungteachers.com

Personal goals:

- **Self-development**
- **Professional success**
- **Family life**
- **Life as a whole**

How to Set Personal Goals:

- **What do I want out of life?**
- **What kind of family life do I imagine?**
- **What are my career aspirations?**

Targets for improvement of Personal Development Goals

- 1. Personal Development**
- 2. Productivity**
- 3. Time Management**
- 4. Communication**
- 5. Storytelling**
- 6. Visual Communication**

Assignments Week 7:

1. Assignment:
SMART Goal Worksheet
(Q6)
2. Select: one Video on the topic of
S.M.A.R.T. Goals
(W7)
Explain why you select this video.



Thank You

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