



THRIVE

Wellbeing and study success

Presented by:
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Session 1: Achieving Goals

What is this program all about?



No Recordings

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



▶ Success

What does success mean to you?

▶ Success

The accomplishment of an aim or purpose

▶ 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

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

Clear Goals



Why?

What is the best structure for 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

Time



Where should it be spent?

How can you manage it?

Come to Session 2 – Time Management

Attendance



Do you need to attend class/seminars?

Why?

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

Wellbeing



How can you maintain your wellbeing while studying?

Come to Session 6 – Wellbeing!

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*

