THRIVE

Wellbeing and study success

Presented by: Atticus D. Gray – School of Psychology

Session 1: Achieving Goals



What is this program all about?



No Recordings

Todays session will NOT be recorded for your privacy.





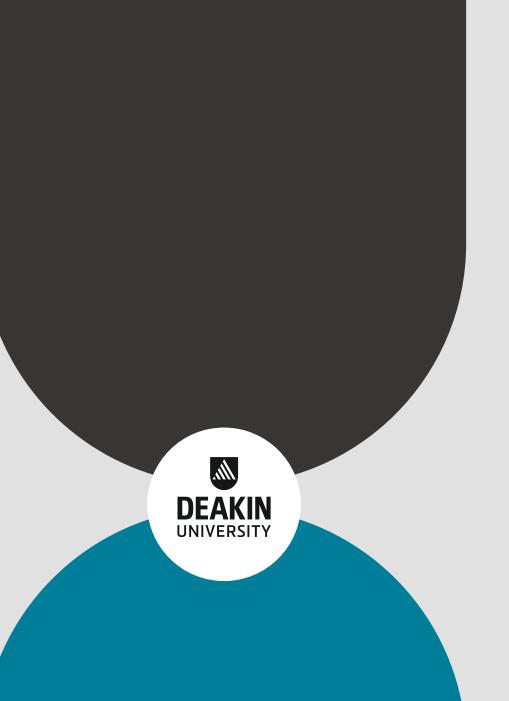
Success

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*

