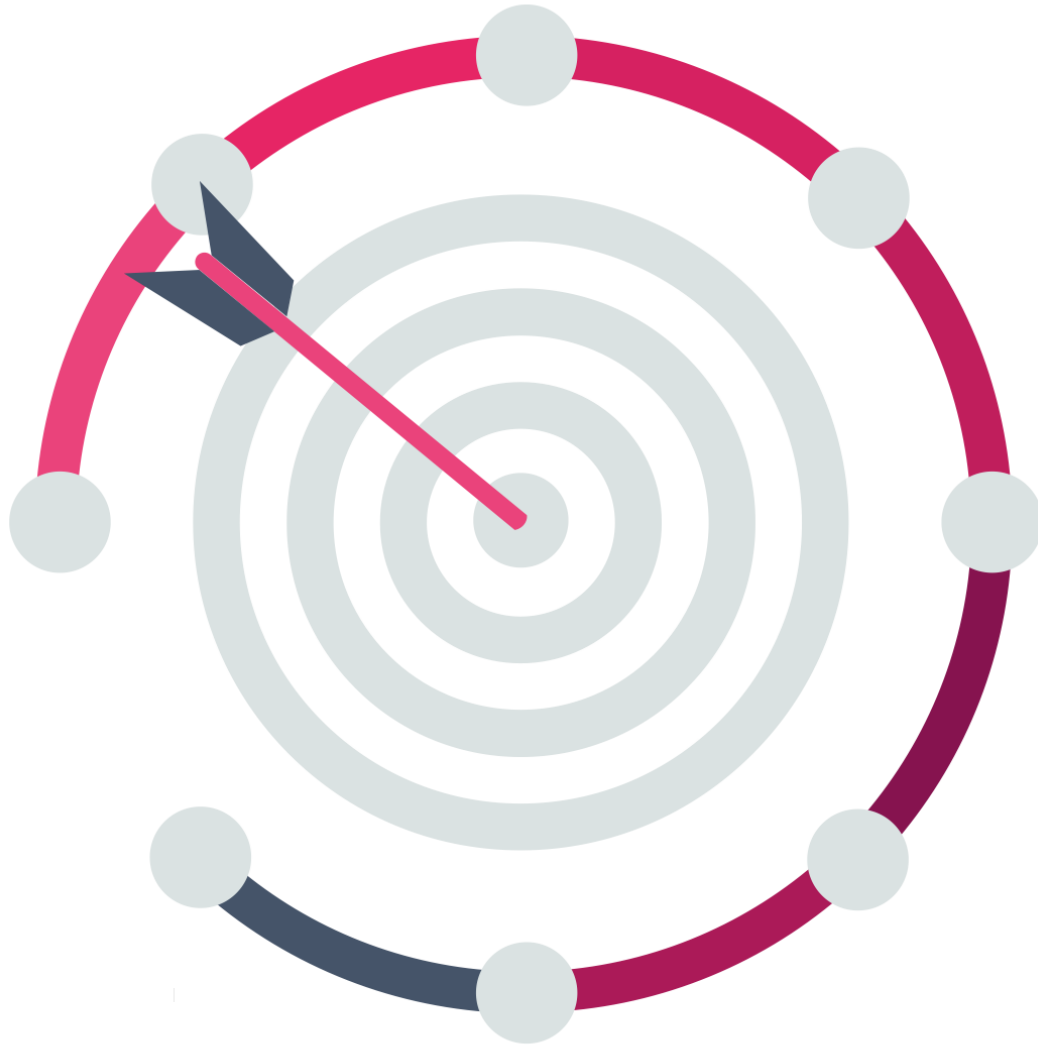


Goal-setting and Learning Contracts

Mgr. Barbora Hamplová

Goal-setting and learning contracts



If **you** can't *define your* goal,
it's not **a goal**.

In order to learn more quickly and achieve more, you need to define your learning goals. What exactly would you like to achieve? Where do you want to be when?

Follow these rules:

- ✓ 1. Use the SMART model
- ✓ 2. Divide every goal into smaller goals
- ✓ 3. Do things step by step

S.M.A.R.T.

Specific. Measurable. Achievable. Results-Oriented. Time-Bound.

Different kinds of goals & how to treat them as such





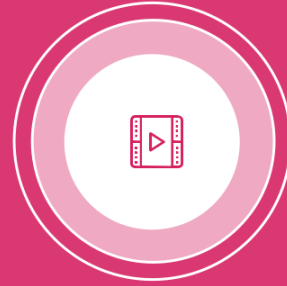
STAGE 01

Define your long-term goal



STAGE 02

Define middle and short term goals



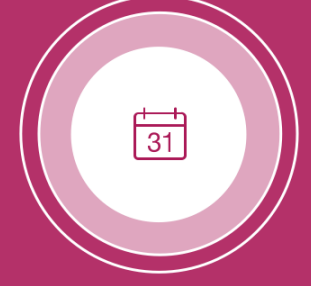
STAGE 03

Become clear about the steps you will take



STAGE 04

Take the steps.



STAGE 05

Reflect on the steps you took.

Make a contract with yourself



Define a reward in your contract



Define a penalty in your contract



Be clear about every step of the contract



Reflect on every step you take

Defintion

Learning contract

A learning contract is a contract that you sign in order to push yourself to stick to a goal and reach it.