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MORRISVILLE STATE COLLEGE

Collegiate Science Technology Entry Program

CSTEP ACADEMIC WORKSHOP SERIES



A Solution Focused Approach to Establishing Goals

USING A SOLUTION FOCUSED APPROACH

The focus is on student's:

Competence
Strengths
Possibilities
Attempted Solutions



Talk is focused on:

Possible Solutions
The Student's future
Change

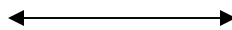
Goals + Topics = Results

THE MIRACLE QUESTION: (Goals & Attitudes)

- Definition of a goal?
- Why is it important to have goals?

*Forget about any difficulties
you may have experienced in
high school ...
today is a new day!*

*How many WEEKS/
DAYS between today's
date and the last day of
final exams?*



Close your eyes and pretend that you are asleep. WHEN you awake ... it will be the end of the semester and all of your finals are finished.

You are on your way home!

What will the end of the semester look like ...

1st index card:

What is your GPA or letter grades you anticipate receiving.

2nd index card:

What would you say to your family & friends about your first semester at Morrisville State College?

3rd index card:

How are you feeling (happy, sad, disappointed, stressed, proud).

CLEARLY DEFINED GOALS FOR THE SEMESTER

Read your goals out-loud.

Do you sincerely believe that you can achieve your goals?

Are you willing to work extremely hard to accomplish the goals you set forth.



Fortunately, today is not the end but only the beginning ...

List 3-5 solution focused strategies and resources (people) you will utilize to accomplish your goals?

Beginning today!

LIST 3-5 SOLUTION FOCUSED STRATEGIES THAT YOU WILL IMPLEMENT TO ACCOMPLISH YOUR GOALS

- Have a positive attitude.
- Establish a time management schedule.
- Visit the academic support center and set up a tutoring schedule.

Your success is your responsibility

- Set up an appointment with your advisor.
- Get enough sleep and eat healthy.
- Read before every class.
- Ask for help.

DISEASES IN LEARNING—TO AVOID

Negative attitudusitis—doesn't realize how much negative or limiting attitudes affect mood, motivation, & learning.

Dietitis—sees no connection between a poor diet and problems in learning.

Goal absentheria—unclear or unidentified goals result in low motivation.

Taint myfaultosis of you mademedoititis—

Blames someone or something else for behavior and performance

Entertain me Orelsia—if it isn't entertaining, I won't pay attention.

Macho/Tarsanitits—

I don't need help. I can fail by myself.