CHAPTER 4

Setting Goals

Learning Outcomes
When you complete Chapter 4 Setting Goals you are expected not only to understand the material presented but also you should be able to

**Identify** your locus of control, and develop a plan for improvement if necessary

**Write** goals for various areas of your life that are specific, measurable, have an action plan, are realistic and have a target time.

**Develop** an action plan for a personal goal.

**Analyze** a case study, and **construct** advice for a student having difficulty coping with goal setting.

**Explain** the learning process modeled in this chapter.