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## Research Paper

## GOAL SETTING IN CLASSROOM TEACHING

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### ABSTRACT

**L**earning is affected by the total situation. This total situation is dependent upon a number of factors. Some are external while others are internal. Among the external factors to the classroom situation, we may mention two important factors- a) Heredity and b) Environment. Environment also can be divided into (i) Status of the home, (ii) Social condition, (iii) mother institution etc. A classroom teacher can neither change nor increase heredity. Of course, he can use it and develop it. Some children are very rich in heredity endowment while others are very poor. The native intelligence is different in individuals. Children vary also in particular activities. Physical condition and home condition also matter. Bodily weakness, chronic illness, malnutrition, fatigue and bad health are a great hindrance in learning. Social conditions also affect the learning. The infrastructure of the mother institution also plays a vital role in learning.

**KEYWORDS:** Learning, Environment, weakness, chronic illness, malnutrition, fatigue

### INTRODUCTION

Learning is affected by the total situation. This total situation is dependent upon a number of factors. Some are external while others are internal. Among the external factors to the classroom situation, we may mention two important factors- a) Heredity and b) Environment. Environment also can be divided into (i) Status of the home, (ii) Social condition, (iii) mother institution etc. A classroom teacher can neither change nor increase heredity. Of course, he can use it and develop it. Some children are very rich in heredity endowment while others are very poor. The native intelligence is different in individuals. Children vary also in particular activities. Physical condition and home condition also matter. Bodily weakness, chronic illness, malnutrition, fatigue and bad health are a great hindrance in learning. Social conditions also affect the learning. The infrastructure of the mother institution also plays a vital role in learning.

Internal classroom factors affecting learning are-

- a. Goals or purposes
- b. Interest
- c. Attention
- d. Drill or practice
- e. Boredom or fatigue
- f. Aptitude
- g. Attitude
- h. Emotional factors- instincts
- i. Speed, accuracy and retention
- j. Age
- k. Learning activities provided by the teacher
- l. Testing
- m. Guidance etc.

In our present paper we will try to share the importance of goal setting in classroom teaching. At the same time we will try to share some simple techniques of goal setting. The information for the present paper was mainly collected from secondary sources.



## 1. DEFINITIONS

“Your attitude, not your aptitude, determines your altitude.”

- *Zig Ziglar*

“You have to ‘Be’ before you can ‘Do’ and ‘Do’ before you can ‘Have’.”

- *Zig Ziglar*

“Champions aren’t made in gyms. Champions are made from something they have deep inside them a desire, a dream, a vision. They have to have the skill and the will. But the will must be stronger than the skill.”

- *Muhammad Ali*

“Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.”

- *Mahatma Gandhi*

## 2. ADVANTAGES OF GOAL SETTING

- Manageable short-term goals help students feel a sense of accomplishment
- Setting goals and a timeline upfront help student and teacher track success.
- Role model student problem solving
  - How to solve issues
  - promote abstract thought and creativity
- Applicable to real life; Teaches skills they will need in day to day life and educational environments.
- Student achieving goal= student retention.

Goal setting is one of the important tools of student retention and their development. It becomes more effective when the students themselves learn how to prepare the goals. The teacher must help the potential adult student define his or her goals and understand the many instructional objectives that must be met on the road to meeting that goal. Teacher must then use these student goals as the context for instruction and intermittently review them, since they may change. The next is progress toward reaching a goal. Since goals are important supports to persistence adult students must make progress towards reaching their goals. They must also be able to measure that progress. Meaningful goal work, facilitated by the classroom teachers and conducted with peers, serves many purposes. Learners learn planning skills and language skills. They see a direction and focus for their studies, which can increase motivation. The goals, necessary skills and strategies

identified by learners can inform the programs, curriculum and the teacher’s instruction.

## 3. IMPORTANCE OF GOAL SETTING

“An aimless person is like radar less ship....”

Knowing the answers of these questions is very important for a student-

- Why to learn? (Goal),
- What to learn? (Course/ syllabus etc.),
- How to learn? (Text book and other books, how to follow the lectures delivered in the classroom, question pattern- objective, short question, descriptive, analytical etc.)

If we go to the second and third stage of teaching learning process without completing the first stage then teaching-learning process may not complete and may not be an effective one. Here lies the importance of goal setting.

Most successful people say that part of the reason for their success is because they practiced goal setting in their personal and professional life. However, goal setting is typically not taught in education institutions. When it is used, in most cases, it is not practiced effectively. There are a variety of reasons why teachers should practice goal setting.

First, goal setting will force the teacher to think critically about what the important concepts are and how a subject should be taught.

Once the goals are set, they help to keep students and teacher focused on the items that were identified as important.

One of the main difficulties students have is being able to separate the information that they really need to know from all the other less important information that is thrown at them.

Goals give the students a clear picture of what the expectations are and where to focus their time and attention.

Goals also give students something to strive for.

This is important because it helps to motivate the student and it also provides a sense of accomplishment when goals are reached.

An important argument for using goal setting in the classroom that should not be overlooked is that it teaches students how to practice goal setting.

## 4. HOW TO FORM GOALS

The goals selected should be focused on understand not just on accomplishing specific task. For example, a goal for students studying Demand and Supply should be focused on understanding its practical

implications not the theory only. When possible, the goals selected should be stated so that the students can see that what they are learning has an importance outside of the classroom. Once a student understands the reason for needing to know the information, they are more likely to become active learners.

There are two other factors that need to be considered when setting and implementing goals for education purposes. First, each goal should be followed by objectives that tell how that goal will be accomplished (i.e. what behaviors will be demonstrated by the students). Second, the goals should all be supported by good science or research. This allows the teacher to backup and explain why a goal is important or valid.

**Goal may be of three types:** a) short term goal, b) medium term goal and c) long term goal.

For example, in a three year degree course of semester system we can prepare the goals which can be divided in these three types, short term, medium term and long term.

3year degree course

6 semesters

90 class including internal test and home assignment.

We can prepare goal for the classes, internal test and home assignment which will come under short-term goal. We can prepare goals for each semester separately and it will come under medium term goal. Like that we can prepare goal for the whole course and it may come under long term goal.

### **Goals must be SMART**

S- Specific

M- Measurable

A-Achievable

R-Realistic

T-Timely

**Specific:** what are you going to do? Why is this important to do at this time?

-What do you want to ultimately accomplish?

-So I can.....

How are going to do it? (By.....)

Ensure the goals you set are very specific, clear and easy.

(a) "I want to learn English so I can help my children with their homework"

- Too big: what kind of homework? What level?

(b) "I want to learn English so I can read my children a bedtime story every night"

- I will do this by reading one children's picture book 10minutes per day.

- Much better! This is very specific and can be tracked.

**Measurable:** If we can't measure the goal we can't achieve it.

See the change occur "I want to read 3chapter books of 100 pages on my own before my birthday" vs. "I want to be a good reader"

Establish concrete criteria for measuring progress.

### **Attainable:**

- Identify goals that are most important to you.
- Figure out ways you can make them come true.
- Develop that attitudes, abilities, skills and financial capacity to reach them.
- See overlooked opportunities.
- Needs to stretch you slightly.

### **Realistic:**

- Realistic= Do-able.
- Devise a plan and stick to it.
- Set the bar high enough for a satisfying achievement.

### **Timely:**

Set a timeframe for the goal:

- For next week, in three months, by two years.
- End point= Clear target to work towards.

Time commitment= Urgency.

### **Goal setting best practices:**

- Be SMART
- Take into consideration the learner's level and abilities.
- Identify strategies to achieve the goal, create a plan with objectives and execute it.
- Monitor progress and refine their goals, objectives, strategies and plans as needed.

The following guidelines will help you to set effective goals and help you manage your time in an efficient manner that will cause those goals to become reality.

### **State each goal as a positive statement**

Express your goals in a positive way. That is a key component to effective goal setting that you can attain.

How often have you been excited to accomplish a goal that didn't even sound good when you brought it up? If you are not comfortable or happy with the goals that you have set, the likelihood of you succeeding is pretty low.

If you want to express your goals in a positive way, you simply have to first think of a goal that puts a smile on your face when you imagine it completed. Why

would you want to set a goal that made you frown, cringe or cry?

When you are beginning to set your goals it helps when you are talking about them to others in a manner that states your actions as positives because it will have others seeing it as a positive as well.

That will garner you a great deal more support. In the end, don't we all need a little support when we are trying to do something positive in our lives?

### **Effective goal setting includes being precise**

Set a precise goal that includes starting dates, times and amounts so that you can properly measure your achievement.

If you do this, you will know exactly when you have achieved the goal, and can take complete satisfaction from having achieved it.

Being precise in setting your goals is no more than setting them with exact details. It is easier this way because then you can follow a step-by-step format. That's all there is to it.

### **Set priorities for effective goal setting**

When you have several goals, give each a specific priority.

This helps you to avoid feeling overwhelmed by too many goals, and helps to direct your attention to the most important ones and follow each in succession. Setting priorities will force you into the step-by-step format above.

By doing the most important first and moving to the least important in succession, you are enabling each task to be easier than the last. It causes the accomplishment of each task to get easier and easier which will encourage you to complete your goal.

### **Write goals down**

This crystallizes your goals and gives them more force.

In writing your goals down, you are better able to keep up with your scheduled tasks for each accomplishment. It also helps you to remember each task that needs to be done and allows you to check them off as they are accomplished.

Basically, you can better keep track of what you are doing so as not to repeat yourself unnecessarily.

### **Keep operational goals small**

Keep the low-level goals you are working towards small and easy to achieve. If a goal is too large, then it can seem that you are not making progress towards it.

Keeping goals small and incremental allows you more opportunities for reward. Derive today's goals from larger ones. It is a great way to accomplish your goals.

### **For effective goal setting set performance goals, not outcome goals**

You should take care to set goals over which you have as much control as possible. There is nothing more dispiriting than failing to achieve a personal goal for reasons that are beyond your control.

These could be bad business environments, poor judging, bad weather, injury, or just plain bad luck. If you base your goals on personal your performance, then you can keep control over the achievement of your goals and get satisfaction from achieving them.

### **Set realistic goals**

It is important to set goals that you can achieve.

All sorts of people (parents, media, and society) can set unrealistic goals for you which is almost a guarantee of failure. They will often do this in ignorance of your own desires and ambitions or flat out disinterest.

Alternatively you may be naïve in setting very high goals. You might not appreciate either the obstacles in the way, or understand quite how many skills you must master to achieve a particular level of performance.

By being realistic you are increasing your chances of success.

### **Do not set goals too low**

Just as it is important not to set goals unrealistically high; do not set them too low. People tend to do this where they are afraid of failure or where they simply don't want to do anything.

You should set goals so that they are slightly out of your immediate grasp, but not so far that there is no hope of achieving them. No one will put serious effort into achieving a goal that they believe is unattainable.

However, remember that your belief that a goal is unrealistic may be incorrect. If this could be the case, you can to change this belief by using imagery effectively.

### **Point Effective Goal Setting Summary:**

1. Positive Statement
2. Be Precise
3. Set Priorities
4. Write Goals Down
5. Keep Operational Goals Small
6. Set Performance Goals
7. Set Realistic Goals
8. Avoid Setting Goals Too Low

**Verbalize:**

Find a partner.

- Share your goals.
- Give your partner feedback on their goals: Are they SMART.
- Present your partners goal.
- Explain how it meets the requirements for SMART.

**Tips for goal setting in the classroom:**

- Revisit the student goals throughout the quarter.
- Connect lesson topics to student goals and share with the students the connection.

In summary, with the appropriate goals implemented in the classroom, students will be forced to take a more active role in their learning process. They

will also likely develop a continuous interest in and concern about the world around them, which is important in developing lifelong learners.

**Closing thoughts**

“The victory of success is half won when one gains the habit of setting goals and achieving them”

-Og Mandino

“Man is a goal seeking animal. His life only has meaning if he is reaching out and striving for his goals.”

-Aristotle.

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