Activity: Review of Online Resources

Task One

I looked at all the suggested resources, however, three really helped in my learning and gave me some insight in making a decision on my goal. I have two goals that I wanted to explore. One was a personal goal and the other was professional. When I read the resources, I thought back to my goals and asked myself which one will fit better with doing my professional learning inquiry.

The '*An example of a blog where an online student sets SRL goals*' was really showing the why and the how? After reading this blog, I tried to think of my goals in that context. Why did I choose that goal? What am I going to do to make sure my goal is met? What steps am I going to take? This blog informed my thinking about SRL inquiry because it gave me an example of how to set my goal. It also demonstrated learning. As Dr.Patteson said in an email "The professional inquiry project has to include learning something new, not solely a plan of action". Finally this resource helped me because it gave me greats tips on how to optimize my learning in distance education.

In the resource '*Personalizing Lifelong Study Plans*', was so clear about what is self regulated learner and it phases. I have set goals before, sometimes I achieved them, sometimes I failed but this resource showed me that it isn't as simple as picking out a goal, you need to do so much more. I need to know my strengths and limits, set a goal and strategies to obtain it, monitor my behaviour in terms of my goal, reflect on my strategies (are they effective) and reflect on my learning.

[1]Another resource I found helpful was this article by Schunk (2004). It gave

[1] Schunk, DH. "Self-Regulation through Goal Setting. ERIC Digest. - ERICDigests.Org." 2004. <http://www.ericdigests.org/2002-4/goal.html>

An example of a blog where an online student sets SRL goals,
http://pidzpida.wordpress.com/2013/05/27/metacognition-and-self-regulation/

Personalizing Lifelong Study Plans,
http://ccnmtl.columbia.edu/projects/pl3p/pedagogy.html

strategies to use goal setting effectively as a component of self-regulation. It also dove deeper into the goal properties. Specificity, proximity, and difficulty are critical in enhancing self regulation.

Activity: Scholarly Readings

Task Two

In the article, New directions in goal-setting theory. Current Directions in Psychological Science, looks at advances in goal theory. Locke and Latham (p. 265) state that the key moderators of goal setting are feedback, commitment to the goal, task complexity, and situational constraints.
They then look at eight advances that have moved goal theory forward; goal choice, learning goals, framing, affect, group goals, goals and traits and macro-level goals.

There were two new directions that really resonated with me. First the idea of learning goals. Locke and Latham state that "Sometimes specific, difficult goals do not lead to better performance than simply urging people to do their best" (p.266). When a person is focussing on a new , complex task it can result in a focus on reaching the goal instead of acquiring the skills to reach the goal. They suggest assigning a learning goal, "that is, a goal to acquire the requisite task knowledge"(p.266). I have seen this so many times as an educator and also as a parent. When a student is so focussed on the grade and not about the learning. I wasn't sure on how to take the emphasis off obtaining a certain grade and focus on the learning (especially with report cards, and academic rewards). Assigning a learning goal to a task is an excellent solution to taking the focus off of grades.

Secondly, the idea of framing the goal. A student may not obtain the goal if they find it threatening. "Whether a person appraises a high goal as a challenge versus a threat makes a difference for that person's performance" (p.266). As an educator, we must be very careful on how we frame the goals we set. In the case of SRL and our students are setting their goals, the framing of the goal must be taught.

Locke and Latham state that "Goals are effective even when they come from different sources; they can be assigned by others, they can be set jointly through participation, and they can be self-set. In the latter instance, goals are a key

element in self-regulation" (p.265). I wonder the success rate of goals of when someone selects your goal for you compared to when it is self-set?
When I am teaching, and I set the goal for my students will they as successful compared to if they select it themselves?

Locke, E. A., & Latham, G. P. (2006). New directions in goal-setting theory. Current Directions in Psychological Science, 15(5), 265-268.

Activity: Keeping the Goal in Mind

Task Three: Goal Setting for FInal Projects

Task Four: Resources for FInal Projects

My Goal

Distal Goal: My goal is to be more organized by creating a website that showcase my growth and learning in my PME courses.

Proximal Goals:
*research different types of websites
*research how to use websites
*research examples of good educational websites
* Input all my PME courses into one location (website)
*Keep up the website (as I finish an assignment add it)

*Add a section of reflection of my learning

Resources for Final Project I will document my learning on my website. Through this inquiry I hope to learn about different types of websites to organizing my learning, learn how to use websites, and most importantly how to self regulate my learning to accomplish my goals.

Questions from Goal Properties:

- Is the goal you are setting of a professional or personal nature? - professional
- Why are you selecting this goal?- I need to be more organized. I have different classwork all over the place (blogs, google forms, some class work I lost)
- What is the timeline for your goal? (6 weeks)
- Is it a large goal that can be broken down into smaller pieces or a smaller goal that you can reach over a compressed timeline? (yes see above)
- What aspects of your goal might challenge you? Time, finding time to input all my other courses and keeping the website up to date.
- How will you anticipate or deal with these challenges? - Setting time lines to complete them, giving myself reminders.