Module: Goal setting

Stream: SELF LEADERSHIP

Module overview:
Explore the strategies that let you make the most of your time by setting and achieving meaningful goals. This can result in less stress, and more time to do the things you really want to do with people you want to be with!

This module will help you:
- Establish meaningful goals
- Plan and prioritize your activities more efficiently and productively
- Overcome procrastination.

A little about the content:
Goal setting and effective time management are important life skills. Unfortunately, many of us don’t learn how to set effective goals and this can impact many areas of our lives including our financial and physical wellbeing, our personal development, our relationships, sport and even our spiritual lives.

We explore how you can become more effective at setting meaningful goals, use frameworks such as SMART goals, as well as exploring strategies for planning, prioritisation and overcoming procrastination. Find out which model will work best for your lifestyle!

Study mode options:
We know that you are busy, so we have a number of options for you to choose from:
- You can attend the two hour face to face workshop on campus
- You can participate in the streamed workshop online in real time
- You can complete the online module which includes opportunities for you to discuss your ideas with other online participants.

Curtin Extra:
The Curtin Extra Certificate provides you with official recognition and evidence of significant involvement in co-curricular programs that contribute to university life and to your personal and professional development. You can gain recognition of your involvement in the Curtin Leadership Centre programs by registering and completing the Self Leadership stream or Team Leadership stream modules as well as participating in an approved practical leadership opportunity (minimum 10 hours of volunteering).

Disclaimer:
Curtin University reserves the right to alter the composition of any co-curricular course or program to ensure learning outcomes retain maximum relevance.

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