GOALS UNLOCK: PLANNING AT ITS FINEST

by:
Carlyzah Dimarucut Ocampo
Teacher III, Orani South Elementary School

Goals are self-generated and have value significance. Goals that we have mirrors our values as a person in personal and professional levels. These are validated in the interpersonal arena where we hope for satisfying romantic relationship. The same is true with the goals that we set on our professional lives. We strive to find a sense of fulfillment and satisfaction with our careers through setting certain targets in our professional advancement. Our goals are reflective of our personality or our concretized values based on our treasured needs. We continuously need to introspect to scrutinize our goals because life satisfaction in the different arenas of our personality enhances our positive identity. Every now and then, we continuously evaluate ourselves as to whether our goals are met. Goals are significant because they resonate the fulfillment of our needs on the physical, psychological and philosophical level. People who are unable to satisfy such goals clamor for a search for a positive identity because people whose needs are unfilled lead to a feeling of emptiness.

When trying to have goal setting, it is important to consider direction, specificity, feedback, commitment, personality incentives and rewards. As educators, we are used to having plans in our everyday tasks starting from writing our lesson plans. In today’s new normal, planning at its finest is very important to ensure that learning will happen using different modalities of learning. We need to be very specific on the things we need to do and be open to feedbacks from co-workers, superiors and other individuals, who can contribute to make learning possible. One can reward himself/herself once specific goal is achieved to lessen the stress or burden one might be carrying.
Planning can lead to successful attainment of objectives while being worry-free
and with absence of cramming. It is a smooth sailing pursuit of set goals and leads to self-
actualization and contentment. 😊

References:

https://www.researchgate.net/publication/228197987_The_Effects_of_Reward_Type_on_Employee_Goal_Setting_Goal_Commitment_and_Performance