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Summary of Micro-Credential Project

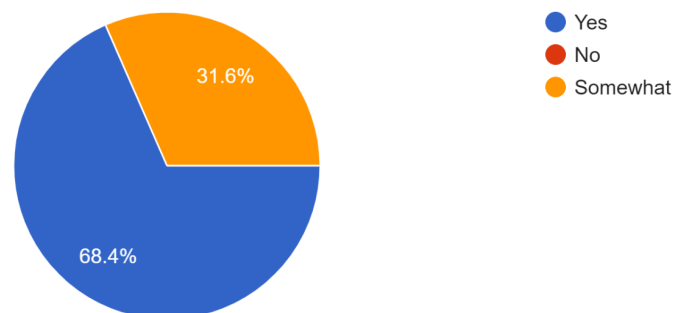
I really enjoyed taking part in the life-long learners micro-credential course and am very excited that the CTL at CSU Pueblo provided this wonderful professional development opportunity.

The area I focused on for this project was helping students develop S.M.A.R.T. Goals. While I have used goal setting in the past, after taking the course, I was motivated to create more in-class check ins. In the past, I would often verbally encourage students to think about their goals for the course and how they were doing, but did not make follow up part of the lesson plans.

This term I took a different approach. The first week of the term I explained S.M.A.R.T. goals, students had time in class to write out goals, they were put into pairs or small groups (depending on class size) and asked to discuss their goals and give feedback related to whether their peers's goals had all of the elements of S.M.A.R.T. goals. We then came back into the larger class and people shared at least one goal they had for the class. I also made time every other week to provide class time for students to write/reflect on their goals, assess whether they were meeting, not meeting or exceeding their goals, what factors were contributing to meeting or not meeting their goals and their plans for how to adjust. There was also time set aside during these reflection activities for students to verbalize something they are doing well on, something they are working on, and an area of life where they feel they are doing well (related or unrelated to class). Students seemed to enjoy the activities, but it was not until I saw the data shown below that I realized the importance of building in class time to help students focus on their goals. I asked students the following questions to see if this revised goal setting process was useful and the results emphatically show this process was beneficial.

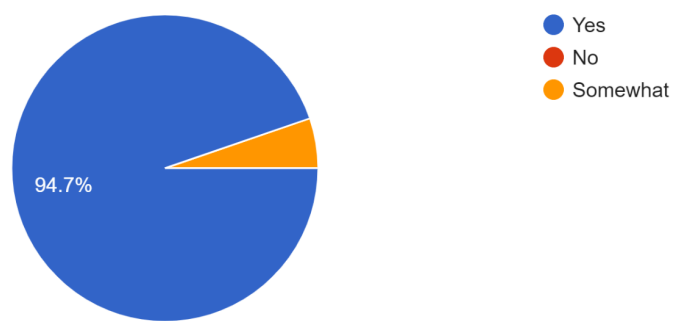
Does revisiting your goals regularly throughout the class help you stay focused on them?

19 responses



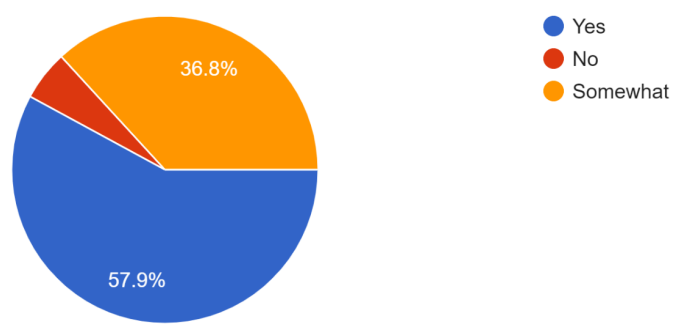
Is taking time to reflect upon your goals and what is influencing whether you are meeting, exceeding, or not meeting goals useful?

19 responses



Do you see the value in verbalizing your goals in front of classmates?

19 responses



In what ways does writing out, focusing on, and verbalizing your goals help you?

(Note: responses were copied verbatim and may have spelling/grammatical errors)

Writing out, focusing on, and verbalizing my goals help me in many ways. writing out my goal allows me to see my goals and makes mw acknowledge what I have to do

It helps to keep me credible because when it is written down and I see it in front of me it feels easier to accomplish.

The ways writing out your goals helps you is when you write things down it you remember them better and it's also helpful to physically look at what your goal is. Focusing on your goal will help you by making sure you know what you have to do to keep up with that goal. Verbalizing this goal will help you because maybe your peers or others can remind you and keep you on track if you start to stray off your goal.

Helps me remember and keep focused when I write them down

Help explain my speech and better word choice

In some ways that writing out, focusing on, and verbalizing goals help me in a way to feel more comfortable to go out and reach those goal. As some would say actions speak louder than words, being able to take action, and implement these goals in my brain and focus on them throughout the class would be efficient for my peers as they would be able to see my progress and so will I.

It lets there be a physical statement of goals or tasks so that you may visualize and achieve.

I feel like all those strategies help make my goals feel more tangible, and for whatever reason that makes me feel like i need to meet those goals since I'm not the only one that has heard them.

Writing it out, focusing on it, and verbalizing my goals help me to keep them in the back of my head and hold myself responsible. Once it is said out loud everyone who hears is also counting on you to reach that goal, and they will help you in doing so. If you write it down you will not be as likely to forget about your goal as it is a constant reminder when you see it. Lastly, when you are focused on a specific goal you will be more likely to achieve that goal than if you had several goals.

The ways that these three things help is it creates a mindset for you. Personally when doing these types of goals making them repetitive having three forms of outlets helps me think and achieve my goals.

Writing out my goals that I could hang up somewhere and look them . Focusing on this accullydoing them And verblizing then people could be like are getting your goals done or not going your goals .

Writing out my goals help me understand my goals that are being set. Focusing on them helps me find new techniques and challenges that can help me achieve my goals. Verbalizing helps me feel confident of my process.

writing it out makes you remember it better . Focusing on it is getting it done so you can reach the goal . Verbalizing it to hold each other to it so we don't fall off

Writing out goals makes a commitment concrete. When I simply think about a goal, I tell myself, "I'll get to that...eventually." On the other hand, when my goals were revised into a SMART goal and formally written down, I had a stronger sense of determination. Writing down goals was the start to working toward them - it had me thinking about what I want to achieve, why I want it, how I'm going to get it, and how I'm going to measure it. In my experience, answering these questions gave me more reasons to follow through. Research tells us that writing down goals makes us more likely to achieve them! Once they were written down, I had a focus. I could reference the goals that I created and remind myself of the "why" and "how" to stay on track. Goals don't achieve themselves, so having a focus has helped me prioritize making the positive change I want to see. When I don't focus on goals, they easily fade into the background while competing with other priorities. In this course, goal-setting with classmates has helped me maintain that focus. Lastly, verbalizing goals is another key to success. I have found that speaking about my goals helps hold me accountable. Verbalizing our goal progress in class was a great checkpoint to evaluate what is working and what isn't, all for the greater good of our goals! During class, I think a lot of us realized "Oh, I'm not focusing on my goals enough (or at all)," and were prompted to try harder.

It gives me something to always look back on. When I write out anything, I tend to remember it better. So having the goals written out, they're always in the back of my head and it's always something I can work on.

Makes me better understand what im doing and what I want to achieve

Doing these things helps me actually understand my goal and be reminds of my goal and what it might take to achieve these goals and how i can improve.

It makes them more real and something that you can look back to.

It reminds me of what and why I'm doing the things I'm doing.

What could I do to help you achieve your goals in the final few weeks of the semester?

In the final few weeks of school I can remain focus and use my time wisely to achieve my goal.

I can just focus on them they can be reached if I just put my mind to it and make time, but most importantly stop procrastinating

Nothing, I think you are doing a great job

I do not know

just allow me to make up points

Constructive criticism being able to help me, by giving feedback. Also helping me understand the basic principles of speaking and listening for future speeches.

There is nothing really extra needed.

Honestly I believe that these goals are all on me now, you've put more than enough effort into teaching and now I just have to listen and do.

Allowing me to practice during class has helped me through this semester, so I think just continuing that will help me to achieve my goal.

I think you are doing everything I need for you to help me, I love that you bring it up, having us write it down and verbally say it.

I think just giving more reminders when things are due.

Being responsible will help me achieve my goals for the final weeks left

saying more reminders when things are due

I find it easy to let go of commitments as the end of the semester nears, but this time I want to take it as an opportunity to finish strong. In the final few weeks, I think it would be a good idea for the professor to remind us to review goals during in-class checkpoints. It might also be beneficial to have students write a short paragraph about their goal progress and/or achievements at the end of the semester. Informing students of this assignment might incentivize them to put in as much effort as possible (instead of ignoring it just because it doesn't have much to do with their final grade). One final mention - students could be encouraged to have a physical copy of their goals (either written or printed). In the future, it would be best to emphasize this at the beginning of the semester when students first set their SMART goals.

I think just continuing to practice them. You can always get better by practicing and coming up with a plan to help yourself.

I like how you remind us when everything is due so we stay on top of it

Going over deadlines is very helpful, that can be confusing in this class, so I like when you post what assignments are due on a certain day.

I think that my goals are more depended on me and staying on top of being motivated towards them.

Less nit picky on assignments

Because the data show that these bi-weekly check-ins were very beneficial, I decided to develop a Nearpod presentation related to goal setting that can be used in face-to-face, or online classes prior to our class discussions. I wanted my project for this mini-grant to be useful and beneficial to me and my future students. I have been wanting to create an infographic and have been putting it off so I used my additional time to submit to create a short infographic that could be used to encourage other faculty to use S.M.A.R.T. goals in their classes.

This project relates to both University and Departmental goals of supporting first-generation students at a Hispanic Serving Institution by implementing innovative pedagogy, engaging in professional development that benefits students, and showing evidence that students are benefitting from what I'm learning.

This is the link to my Nearpod presentation [Creating S.M.A.R.T. Goals](#) (In case there are issues with the link: <https://app.nearpod.com/?pin=LMWQC>)

This is the link to my Infographic [Infographic on S.M.A.R.T. Goals](#)

(In case there are issues with the link:

https://www.canva.com/design/DAFTj3MHBYE/0NbfU9IDC4djTZwX4mvjtA/view?utm_content=DAFTj3MHBYE&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)