Session 3 SMART Goal Reflection and Planning. Paper details: A major focus of Behavioral Psychology is on self-management, or development of one’s own behaviors to reach goals and increase skills and strengths. As you move through this course and your psychology program as a whole, please complete the following three-part assignment: Part One: Reflection and Planning Reflect on your own personal and professional growth in your psychology program and in this course. As you prepare for working in the field of psychology, answer the following questions in a one- to two-page reflection: How can self-management support effective career development and behavior in the workplace? Provide at least three examples (review Miltenberger, 2016, p. 413-428 if you need help brainstorming for these). Consider self-management in relation to academic performance, research, and integrity in higher education. What might some pitfalls of poor selfmanagement be for a student enrolled in undergraduate or graduate programming? Provide at least three examples with suggestions on how to avoid these situations. Part Two: Setting a SMART Goal As you near the end of your program and prepare for entrance into the field of psychology, it is essential to set personal, professional, and academic goals. SMART goals (specific, measurable, achievable, relevant, and time-bound) are helpful in developing these targeted plans for growth and success. Review this link for an explanation of SMART goal planning: SMART Goals. Remember that goal setting is a part of self-management, allowing you to target your behaviors to achieve the goal. Most goals have a price tag on them, and school costs are often at the top of our expense lists. We know that the Lord calls us to use His provisions wisely, so how can we still accomplish our goals while honoring the Lord? Explore these resources for an explanation of how CCU provides opportunities to save you money and time during your educational journey: Website: https://www.ccu.edu/ccu/financialaid/tuition/guaranteed-tuition/ Website: https://www.ccu.edu/ccu/psychology/ (5th-8th paragraphs only) Website: https://www.ccu.edu/ccu/testingforcredit/ Website: CCU’s Using Prior Learning Credit at CCU Information Website: https://www.ccu.edu/ccu/priorlearningcredit/ \*Education and Research This goal could address plans to obtain specific certifications, apply for a graduate program, or research in a specific area during or after the completion of your program. Identify and explain three of the four CCU debt-reduction and time-saving opportunities that could efficiently utilize the Lord’s provisions in your life and further prepare you to fulfill your calling (Guaranteed Tuition, 3 PSY graduate dual credit programs). After reading through the webpages provided, create a SMART goal list for yourself for either of the following areas: Career Planning This could include a plan to obtain a volunteer position (I want to volunteer while working towards my master's) or a paid job in your area of interest. It is highly recommended that you complete some volunteering or work in the field of psychology during your program in order to determine your interests and solidify your career goals during and after your program. Being a Crisis pregnancy center counselor is what I would love to do. I am pro-life so please make this essay come from that perspective. Thank you This goal could address plans to obtain specific certifications, apply for a graduate program, or research in a specific area during or after the completion of your program. I WILL GO INTO THE GRADUATE PROGRAM NEXT Identify and explain three of the four CCU debt-reduction and time-saving opportunities that could efficiently utilize the Lord’s provisions in your life and further prepare you to fulfill your calling (Guaranteed Tuition, 3 PSY graduate dual credit programs). Your goal should be written in one to two sentences followed by a one-page reflection detailing your plan and addressing the following points: S: Specific – What is your specific goal? Avoid general terms here. M: Measurable – How will you measure your progress and determine when you have met your goal? A: Achievable – How have you determined that your goal is achievable? What other factors need to be taken into consideration? R: Relevant – How does your goal selection relate to your greater purpose (education, research, or career calling)? T: Time-bound – What is your timeline for the goal? How and why did you select this timeline? How do you plan to ensure that you meet the deadlines within this timeline to achieve your goal? Part Three: Preparation for Life after Graduation As the third part of your submission, you will fulfill the following requirements and submit your written response in APA format using Times New Roman size 12 font. Identify three benefits of communicating with your Student Service Advisor through CCU in relation to the topics of the prompts for Parts 1 and 2.) Andrea is my student advisor's name. She always helps me pick the right classes and guides me to make a dream of being a mental health counselor possible. Once you have completed all three parts to your assignment, submit it as one cohesive paper with clear labels for Parts 1-3. Your submission should be submitted in APA format. For more specific APA information, refer to the APA Requirements module located on the left sidebar. Please reference Miltenberger (2016) for information on self-management as included in pages 413-428 as well as relevant Scriptures to provide a biblical perspective on selfmanagement as you set your goal.