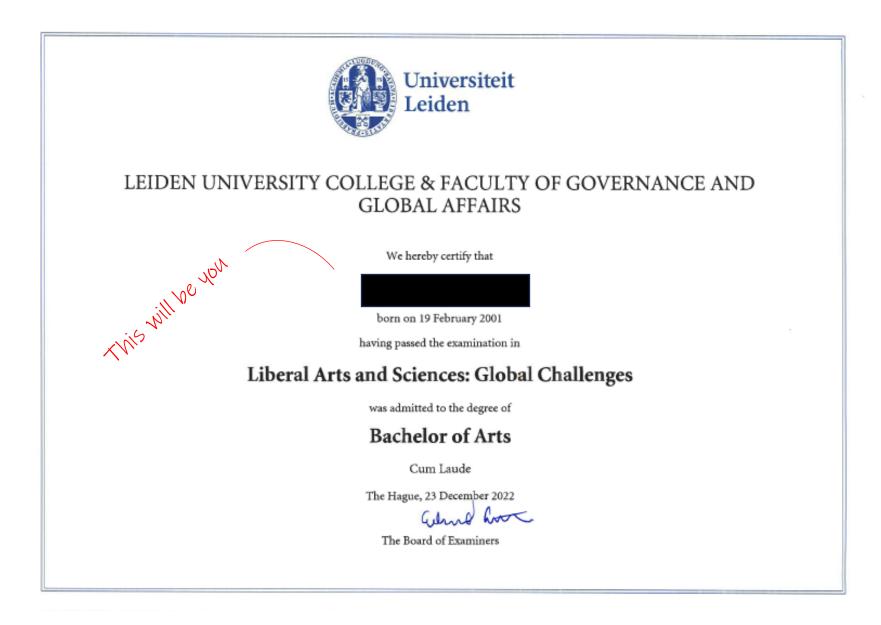
GOAL SETTING WORKSHOP

Learning Mindset



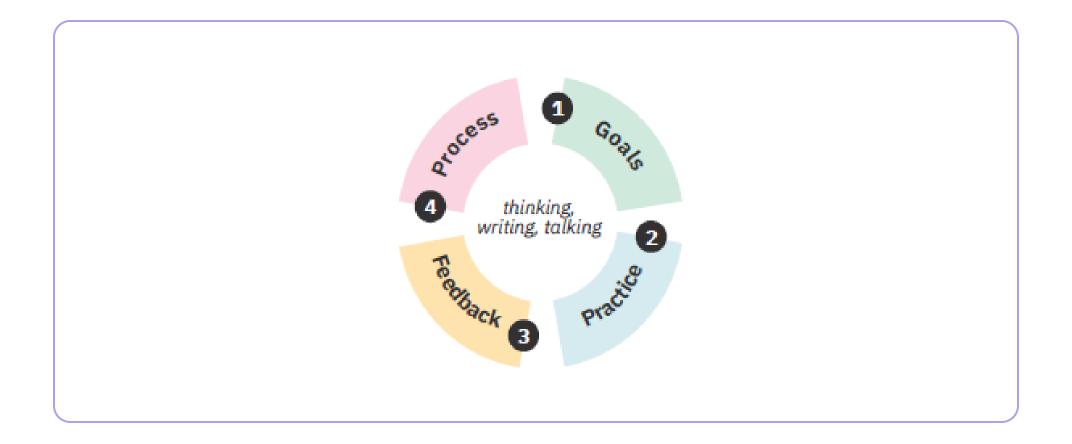


Year 1, Compulsory Courses

	Examination date	Components	ECTS credits	Grade	Level
	18-10-2019	Global Challenges: Peace & Justice	5	B-	100
	18-10-2019	Introduction to Statistics	5	B+	100
	20-12-2019	Academic Writing	5	C+	100
	20-12-2019	Global Challenges: Sustainability	5	В	100
	20-12-2019	History of Philosophy	5	В	100
	27-03-2020	Global Challenges: Prosperity	5	B-	100
	12-06-2020	Global Challenges: Diversity	5	С	100
	12-06-2020	Mathematical Modeling	5	в	100
	Major: World Politics				
	Examination date	Components	ECTS credits	Grade	Level
	16-10-2020	Introduction to International Relations & Diplomacy	5	B+	100
	16-10-2020	Introduction to Peace & Conflict Studies	5	B+	100
	09-06-2021	Birth of the Modern World	5	B+	100
	16-10-2020	Political Research Design	5	C+	200
	18-12-2020	Conflict and Democracy	5	B+	200
	26-03-2021	Cultural & Visual Analysis	5	A-	200
	09-06-2021	Foreign Policy and Diplomacy	5	A-	200
	09-06-2021	Power in World Politics	5	B+	200
	24-12-2021	Political Philosophy from Machiavelli to Marx	5	A-	200
	24-12-2021	Qualitative Research Methods	5	A-	200
	08-06-2022	The Anthropology of Gender and Sexuality	5	A-	200
	26-03-2021	Public Diplomacy	5	A-	300
	22-10-2021	Diplomacy of International Conflict	5	B+	300
	22-10-2021	Researching Radicalisation & Counter-Extremism	5	B+	300
	01-04-2022	Regional Trends: Contemporary Russian Politics and	5	B+	300
		Security			
	Global Citizenship				
	Examination date	Components	ECTS credits	Grade	Level
	12-06-2020	Community Project: Multicultural Education in The	10	B+	200
		Hague			
	Year 1, Electives				
	Examination date	Components	ECTS credits	Grade	Level
	20-12-2019	Creative Writing	5	A-	100
	27-03-2020	Social Theory in Everyday Life	5	В	100
	18-12-2020	Research Clinic: The War of Words over COVID-19:	5	Р	200
		US, China and Their Deteriorating Relationship			
Minor, Electives, or Semester Abroad					
			The second second		

Examination date	Components	ECTS credits	Grade	Level
08-06-2022	Philosophies of the World	5	A-	100

Learning Mindset Model



Getting started



https://tinyurl.com/tlmgoal2023



How do I imagine my future self?



Example

By the time I graduate, I want to be a person who works in diplomacy, who is able to take as well as give space, and who feels healthy...

NOW IT'S YOUR TURN!



Write about:

How do I imagine my ideal future self at graduation? What do I want to be like? How would I like to behave?



Clearly identifying a desired objective or outcome



Example

By the time I graduate: How can I work in diplomacy? How can I learn to take as well as give space? How can I stay healthy?

NOW IT'S YOUR TURN!



Exercise:

Turn the image of your ideal future self into three "How can I..." questions?



The act of evaluating why you are moved towards your goals



Example

	work in diplomacy?	learn to take as well as give space?	stay healthy?
My peers will look well upon me if I reach this goal	Strongly disagree	Agree 🜲	Strongly disagree \$
I think this goal would be an important contribution to my personal development	Disagree 🗘	Strongly agree	Disagree 🜲
This goal aligns with what I find personally valuable	Agree 🜲	Strongly agree	Agree 🗘
I enjoy working on this goal	Disagree 🛟	Disagree 🗘	Agree 🗘

NOW IT'S YOUR TURN!



Write about:

Why do I want to achieve my three goals?



The act of choosing a goal to work on first



NOW IT'S YOUR TURN!



Write down:

Select your top goal based on your motivations. Why did you select this goal?

STRATEGIZE

Figuring out concrete ways/actions to achieve your goal



Example

Staying healthy in Academic Writing

Becoming a diplomat in History of Philosophy

Taking and leaving space in GC: Diversity

NOW IT'S YOUR TURN!



Write down:

Select one of the courses that you feel least motivated for. Can you strategize working towards your goal in this course?

CONSENT

By checking Yes I consent to the following:

	Yes	No
I give permission to access my workshop exercises	0	0
l give permission to access my general information	0	0
I give permission to include my final grades in my first-year courses to the cohort comparison	0	0

CONSENT

That's it for the digital part of this workshop. Your responses will automatically be send to the email you entered as soon as you close this survey.

We will now move to writing a letter to yourself.

Thank you for partcipating!

BREAKTIME

Your LUC planner!

Available as A5 paper planner and as pdf version



Forgot to ask for one?



https://bit.ly/LUCplanner



Pledging to yourself that you will achieve your goals



Letter to yourself at graduation

No one is in a better position to evaluate your own progress than you are yourself. By writing about your goals and motivations to your future self, you are committing to achieving them and later one can see how much progress you have made.



Write a letter to yourself at graduation.

Some tips

Be casual! No one will read this but you.

Things you could write about:

- intro week and your first impressions
- your goals and plans for LUC
- Your current self: hobbies, interests, how you are feeling
- Any advice for your future self
- Anything you want to remember three years from now

Thanks for participating!

