

# GOAL SETTING WORKSHOP

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Learning Mindset



Universiteit  
Leiden

LEIDEN UNIVERSITY COLLEGE & FACULTY OF GOVERNANCE AND  
GLOBAL AFFAIRS

We hereby certify that



born on 19 February 2001

having passed the examination in

**Liberal Arts and Sciences: Global Challenges**

was admitted to the degree of

**Bachelor of Arts**

Cum Laude

The Hague, 23 December 2022

A handwritten signature in blue ink, likely belonging to a member of the Board of Examiners.

The Board of Examiners

*This will be you*



**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	B	100
20-12-2019	History of Philosophy	5	B	100
27-03-2020	Global Challenges: Prosperity	5	B-	100
12-06-2020	Global Challenges: Diversity	5	C	100
12-06-2020	Mathematical Modeling	5	B	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 Security	5	B+	300

**Global Citizenship**

Examination date	Components	ECTS credits	Grade	Level
12-06-2020	Community Project: Multicultural Education in The Hague	10	B+	200

**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	B	100
18-12-2020	Research Clinic: The War of Words over COVID-19: US, China and Their Deteriorating Relationship	5	P	200

**Minor, Electives, or Semester Abroad**

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>

# ENVISIONING

How do I imagine my future self?

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## 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?**



# GOAL FORMULATION

Clearly identifying a desired objective or outcome

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# 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?**

# ASSESS MOTIVATIONS

The act of evaluating why you are moved towards your goals

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# 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?**

# GOAL SELECTION

The act of choosing a goal to work on first

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# 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

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# 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	<input type="radio"/>	<input type="radio"/>
I give permission to access my general information	<input type="radio"/>	<input type="radio"/>
I give permission to include my final grades in my first-year courses to the cohort comparison	<input type="radio"/>	<input type="radio"/>

# CONSENT

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

We will now move to writing a letter to yourself.

Thank you for participating!

**BREAKTIME**

# Your LUC planner!

Available as A5 paper planner and as pdf version



**Forgot to ask for one?**



<https://bit.ly/LUCplanner>



# COMMIT

**Pledging to yourself that you will achieve your goals**

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# Letter to yourself at graduation

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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.

## Exercise

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!**

