

Week 4

Difficulty;

- Moderate levels of goal setting most effective in facilitating performance

Specificity;

- Specific goals better than vague goals
- Subject instructed to 'do their best' do not perform any worse

Proximity;

- Combinations of long-term and short-term goals = positive effects
- Goals per-se are better than no-goals
- Short term goals appear to act as flexible and controllable stepping stones which help to provide feedback and a sense of achievement (Kingston and Wilson 2009)

Goal commitment;

- Little evidence to suggest that choice facilitates commitment
- The degree of ownership with regards to goal setting process and the goals themselves that may be critical

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