

# Achieve at UINDY

Goal Setting &  
Reflection Surveys



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Intro to Psych  
Course  
@UINDY:  
Providing  
Context



### **Intro to goal-setting and reflection:**

This series of reflection surveys is aimed at helping you clarify your goals for this class, reflect on your progress, and identify your strengths and areas of growth as a student.

Being intentional about your goals for a course can help you better learn the material. Research has shown that having a goal that is focused on self-improvement and understanding leads to deeper learning than focusing on outperforming others or on normative grading standards.



Mastery



Deep Understanding



Improved Skills



Grade Recognition



Personal Growth

*Note: These responses are not anonymous and your instructor could be obligated to take action depending on the content of answers provided.*

# Intro Student Survey Data



## Who are your students?

Intro Survey

Due Sun, January 30

9%

are Biology majors

69%

are in their first year

32%

are retaking this class

### My future plans are...

I am currently on track for the 3+3 Program where I will earn my Bachelor's degree in Exercise Science with a pre-Physical Therapy concentration in three years, and I will (hopefully) get my doctorate in Physical Therapy in the following three...

*- student response*

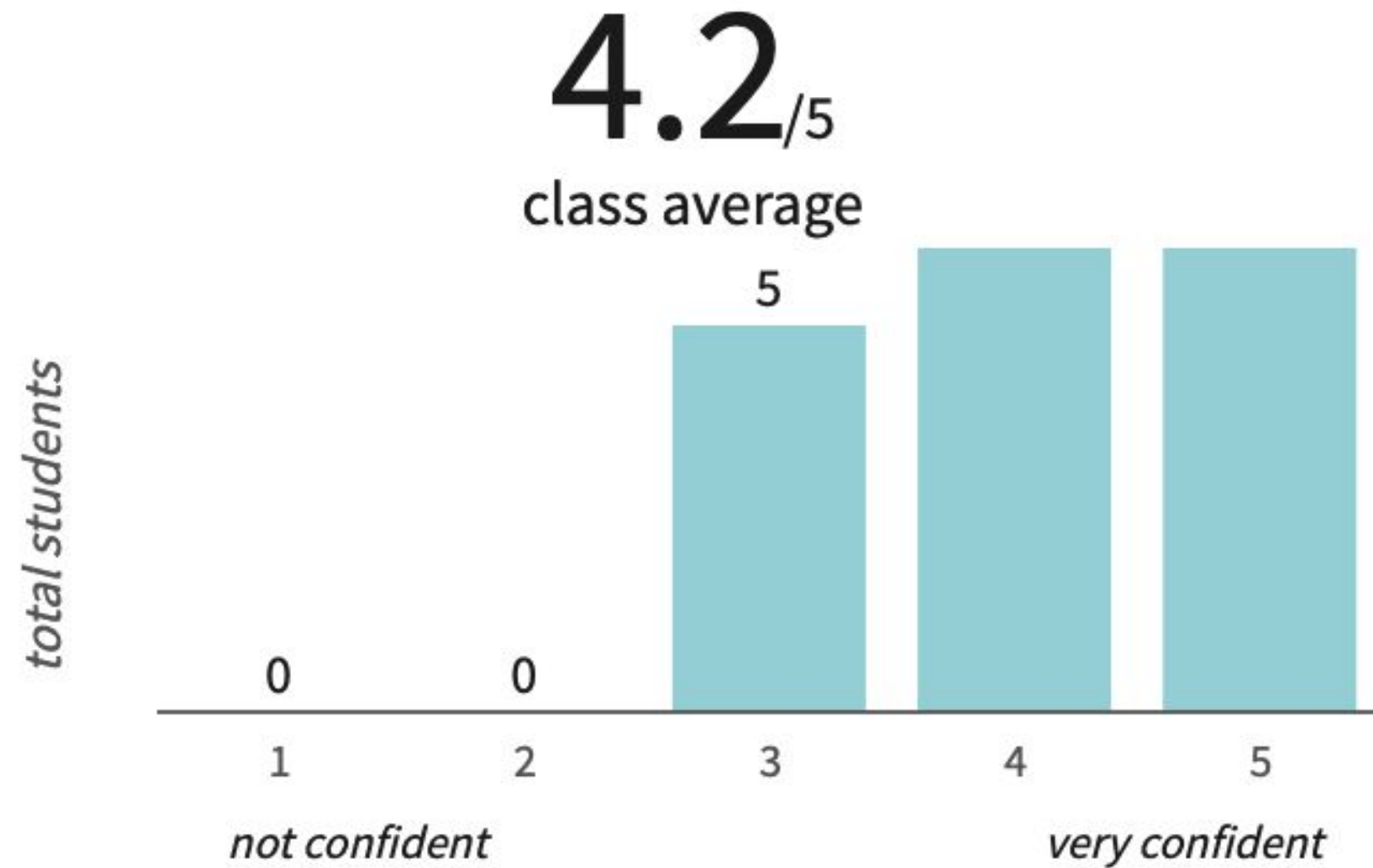
The plan now is to get my BSN (Bachelors of Science in Nursing) and eventually go on to grad school to become a Nurse Practitioner. The end goal is my doctorate if possible. I'd like to work somewhere in the OR (operating room), ER...

*- student response*

## ★ How confident are students?

Intro Survey

Due Sun, January 30



### I am confident/doubtful because...

My interest towards these field makes me feel confident about my ability to pass this course with a better grade. I'm confident because I'm going to do all my work on time all my assignments and quizzes. I'm going to attend all the lectur...

- student response

I am fairly confident in my ability to do well in this course, because I genuinely want to learn the material to be able to apply it in my future career. I do not typically procrastinate and I know that I need to do all the assigned work at a qual...

- student response

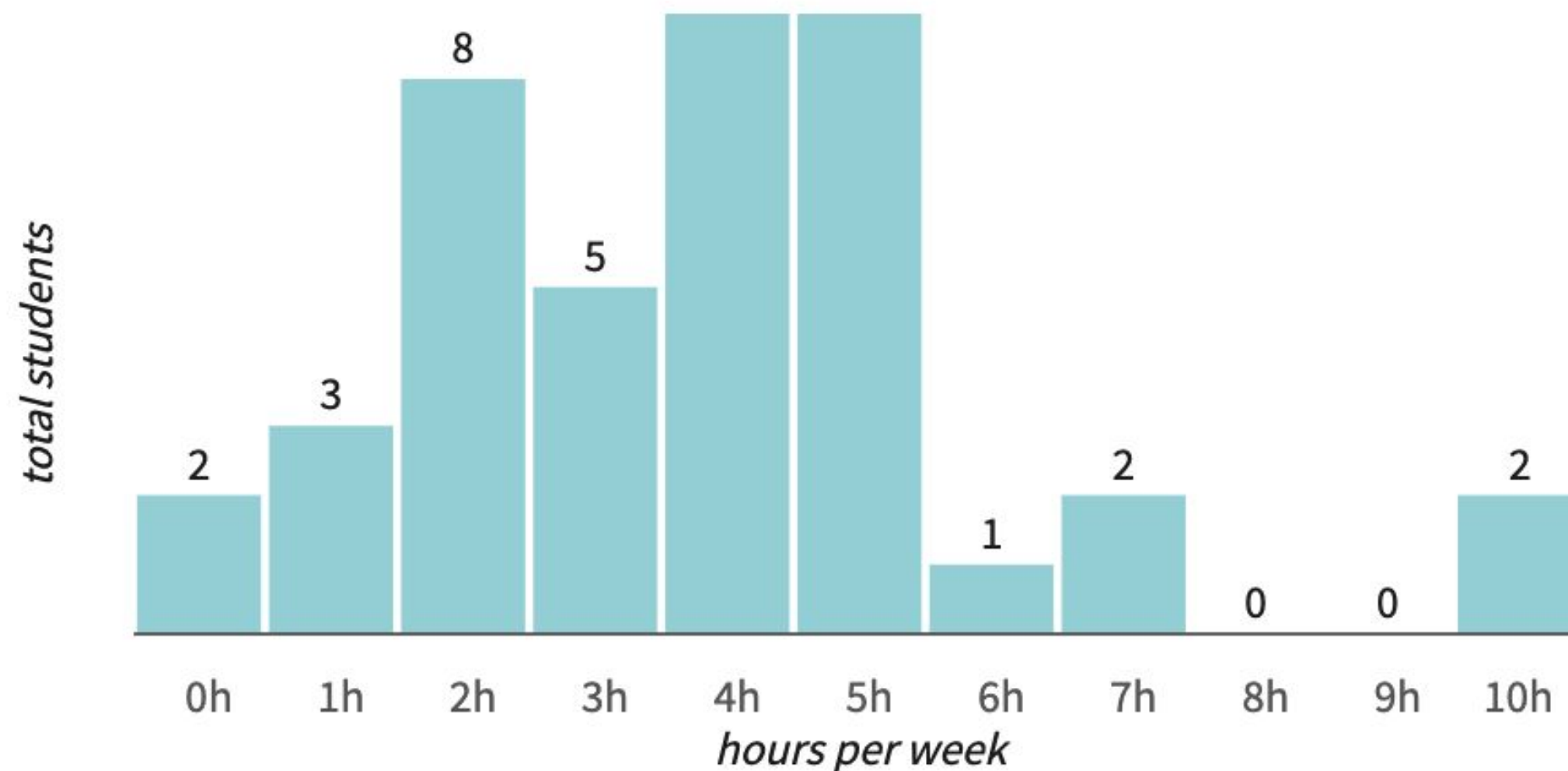


## How much time are students planning to spend outside of class?

Intro Survey

Due Sun, January 30

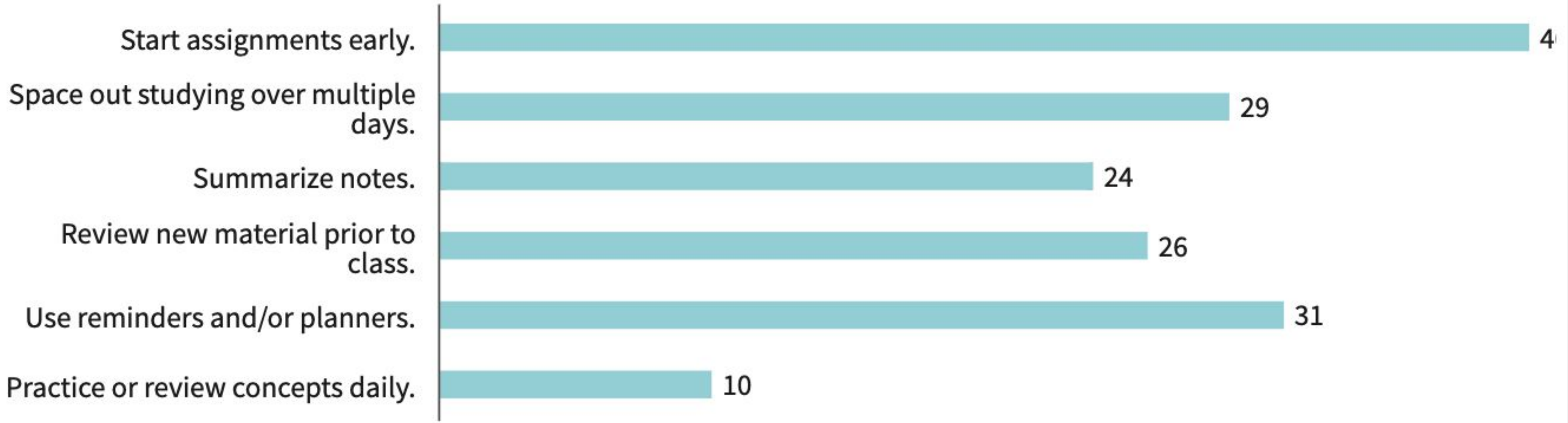
**4<sup>h</sup>**  
class median



# How are students planning to space and pace their learning?

Intro Survey

Due Sun, January 30



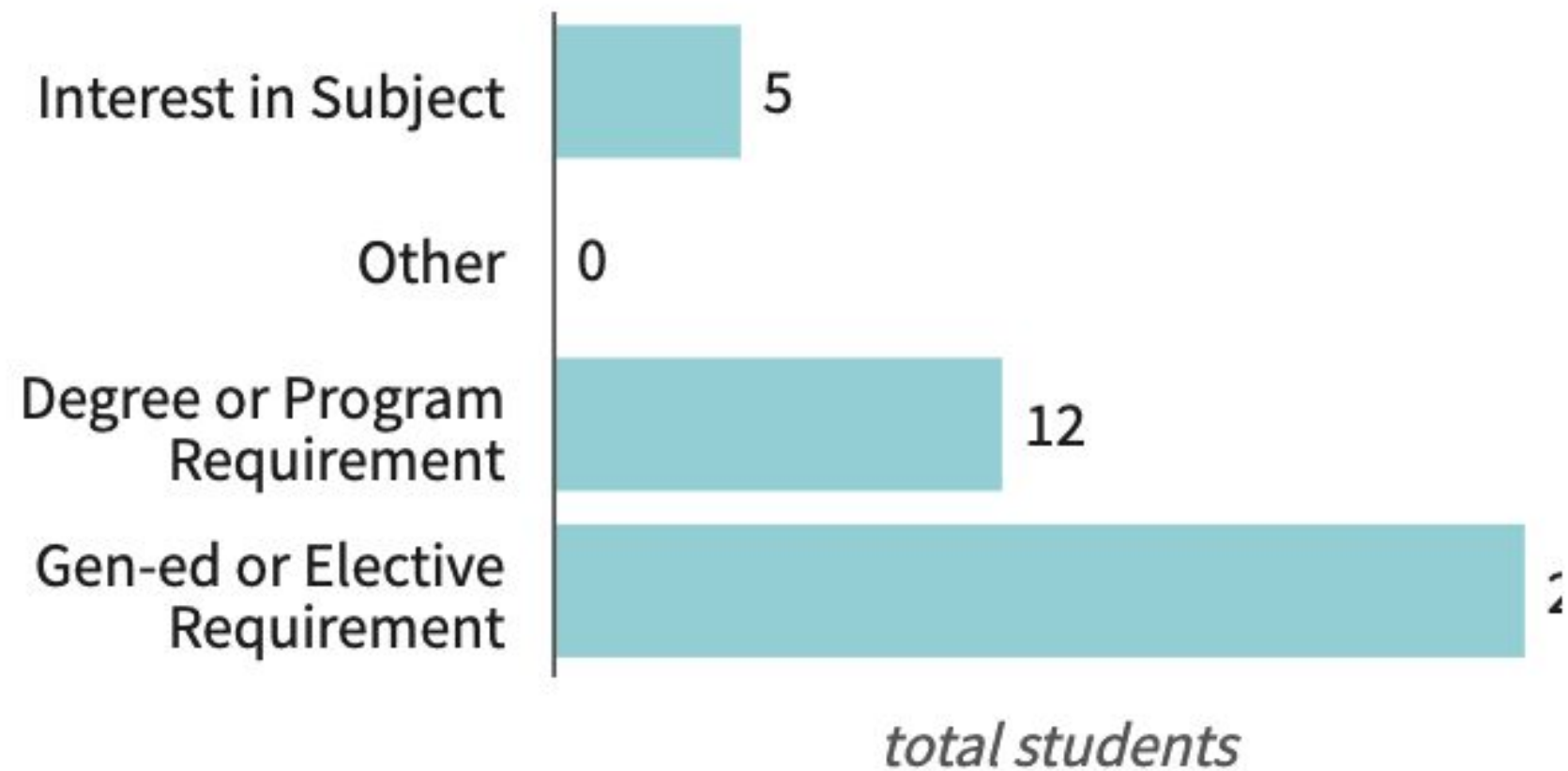
*total students*

## What are students hoping to get out of this class?

Intro Survey

Due Sun, January 30

### Reason for enrollment



### I'm hoping to learn...

What I think I'm going to learn in this class is the human behavior like how people react in certain way in a particular situation. I can learn to think critically about each and every information. I can learn skills such as behavioral and neuro...

- student response

I am hoping to understand more about the human mind and how people develop and create conscious and unconscious decisions. Along with how the brain holds information, creates memories, develops, and controls the body. I am...

- student response

## How are students planning to optimize environment and mindset?

Intro Survey

Due Sun, January 30



*total students*

## What challenges or obstacles do students have?

Intro Survey

Due Sun, January 30

I work as a part time assistant manager but more close to full time. So I get stressed pretty quickly but I need to have those hours for work since I pay for college on my own. I try my hardest to make sure everything is on time and I make specific times where I work on specific things but sometimes my schedule gets messed up which leads to me becoming stressed and behind on work.

*- student response*

I cannot speak in English fluently because it is my second language. Therefore, most of the time, I have difficulty understanding the concepts of the assignment and having difficulty with testes and quizzes. Also, sometimes I do not have any idea what going on in the class. I know it embarrassing but I am trying my very best so far and I will continue to try my very best.

*- student response*

I play softball here at UIndy. I am planning on sending out my schedule to all my professors via email this week. I will ask what your preferred method of communication would be on days leading up to a game if it were to interfere with class.

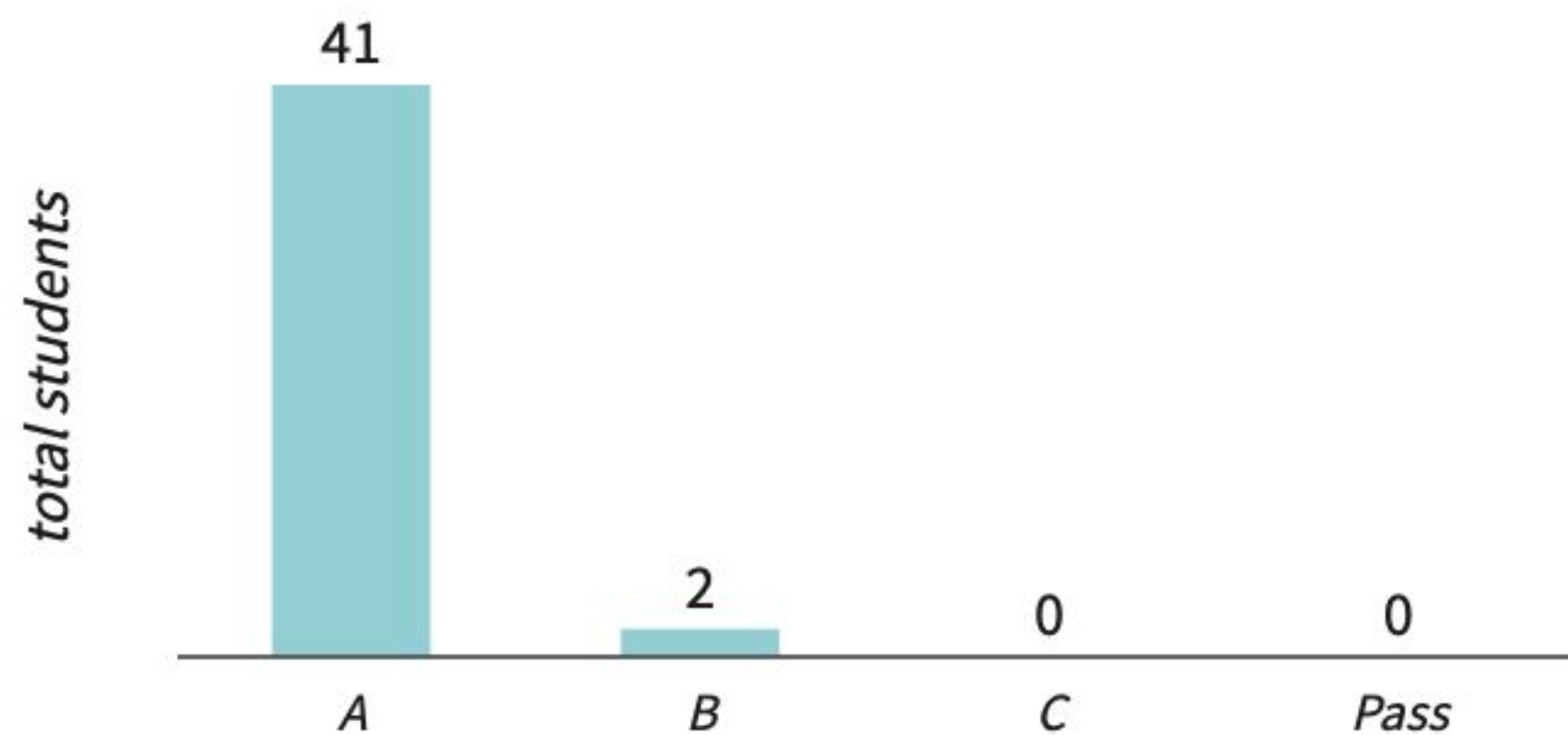
*- student response*

## What goals do students have?

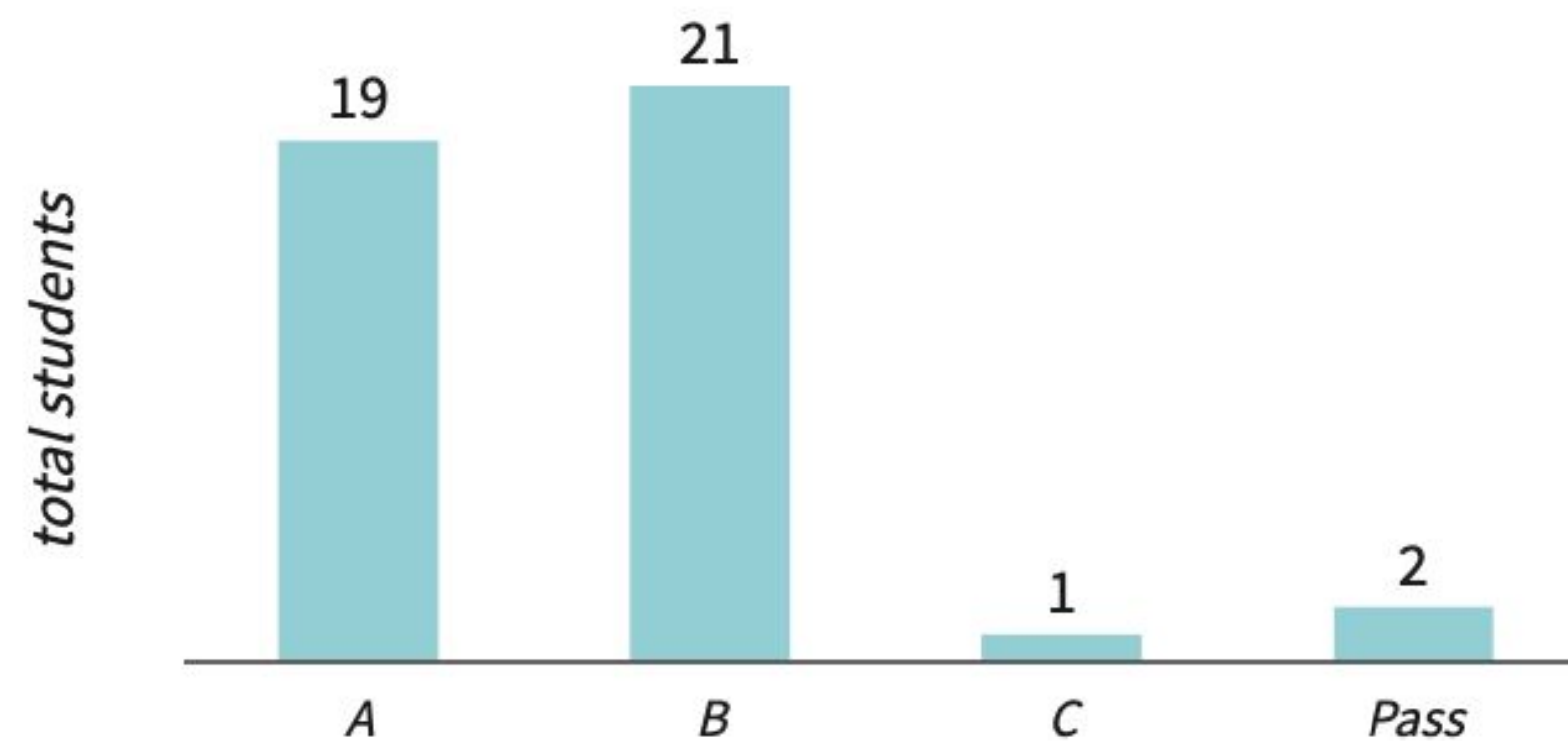
Intro Survey

Due Sun, January 30

Grade students **hope for**



Grade students would be **OK with**



# Checkpoint Survey 1 Data



Week 4 Feb 07 - Feb 13

-  **Concept Practice: Structures of the Ear**  
13pts | Post-Class | Chapter 6 | 43/45 Students Completed  FEB 13 
-  **Checkpoint Survey 1**  
13pts | Bonus Points | 39/45 Students Completed  FEB 13 
-  **Thinking Critically About: Subliminal Sensation and Subliminal Persuasion**  
13pts | Post-Class | Chapter 6 | 42/45 Students Completed  FEB 13 
-  **Video Activity: Face Blindness and How Our Minds Process What We See**  
13pts | Post-Class | Chapter 6 | 42/45 Students Completed  FEB 13 
-  **How Would You Know if a Cup of Coffee Can Warm up Relationships?**  
13pts | Post-Class | Chapter 6 | 42/45 Students Completed  FEB 13 
-  **Chapter 6 Practice Quiz**  
13pts | Post-Class | Chapter 6 | 42/45 Students Completed  FEB 13 

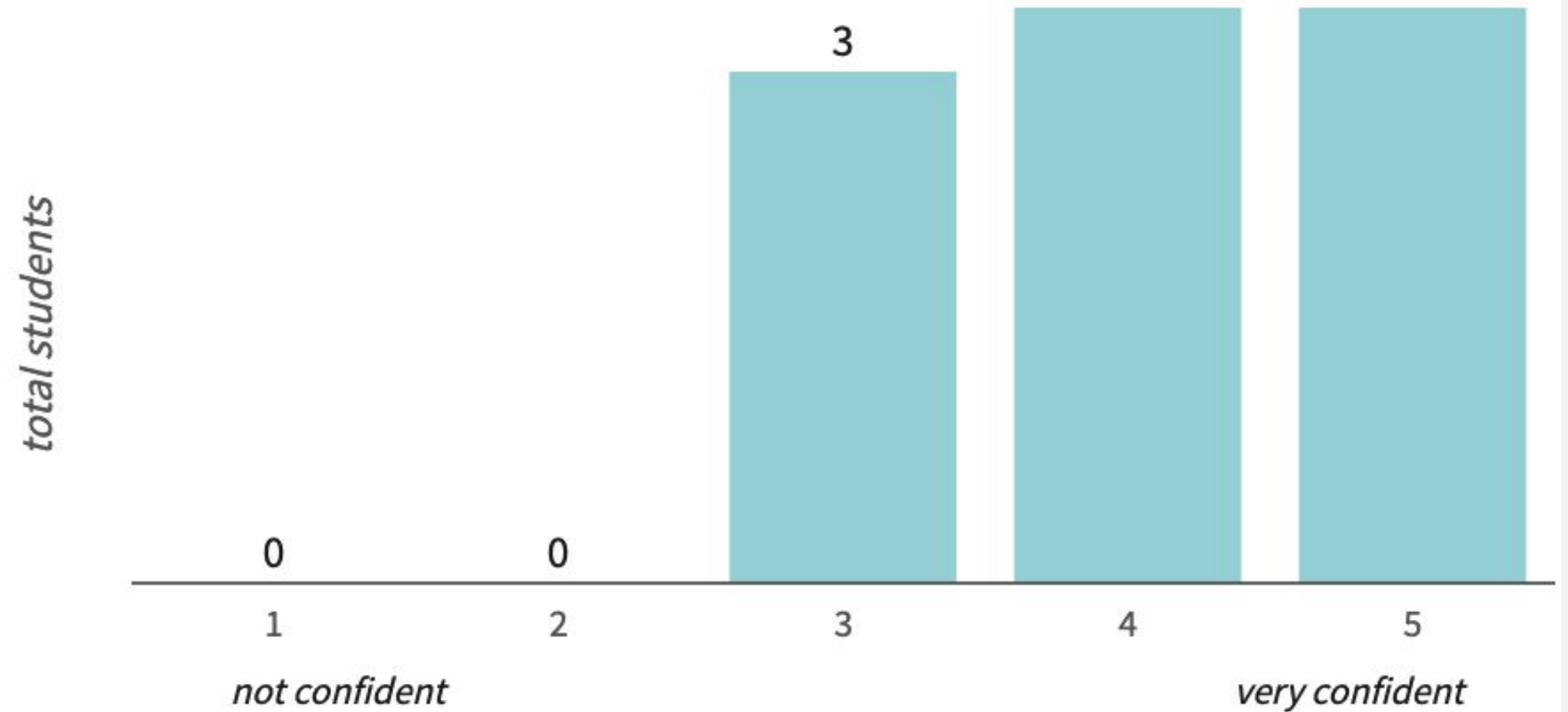
## ★ How confident are students?

Checkpoint Survey 1

Due Sun, February 13

**4.5**<sub>/5</sub>  
class average

 **0.3**  
since previous survey



## How do students feel they are progressing towards their goals?

Checkpoint Survey 1  
Due Sun, February 13

0%  
are **off track**

39

 **Off track** students    **On track** students

### To get back on track I plan to...

I have noticed that in class I have been falling behind on the lecture notes which results in me finishing them outside of class. I would like to stay more on top of the notes during class to be as efficient with note taking as possible. This wil...

- *student response*

I plan to continue to schedule all of my homework and assignments in my planner so that I never miss an assignment. I will also continue to ask questions when I feel that I don't understand something.

- *student response*



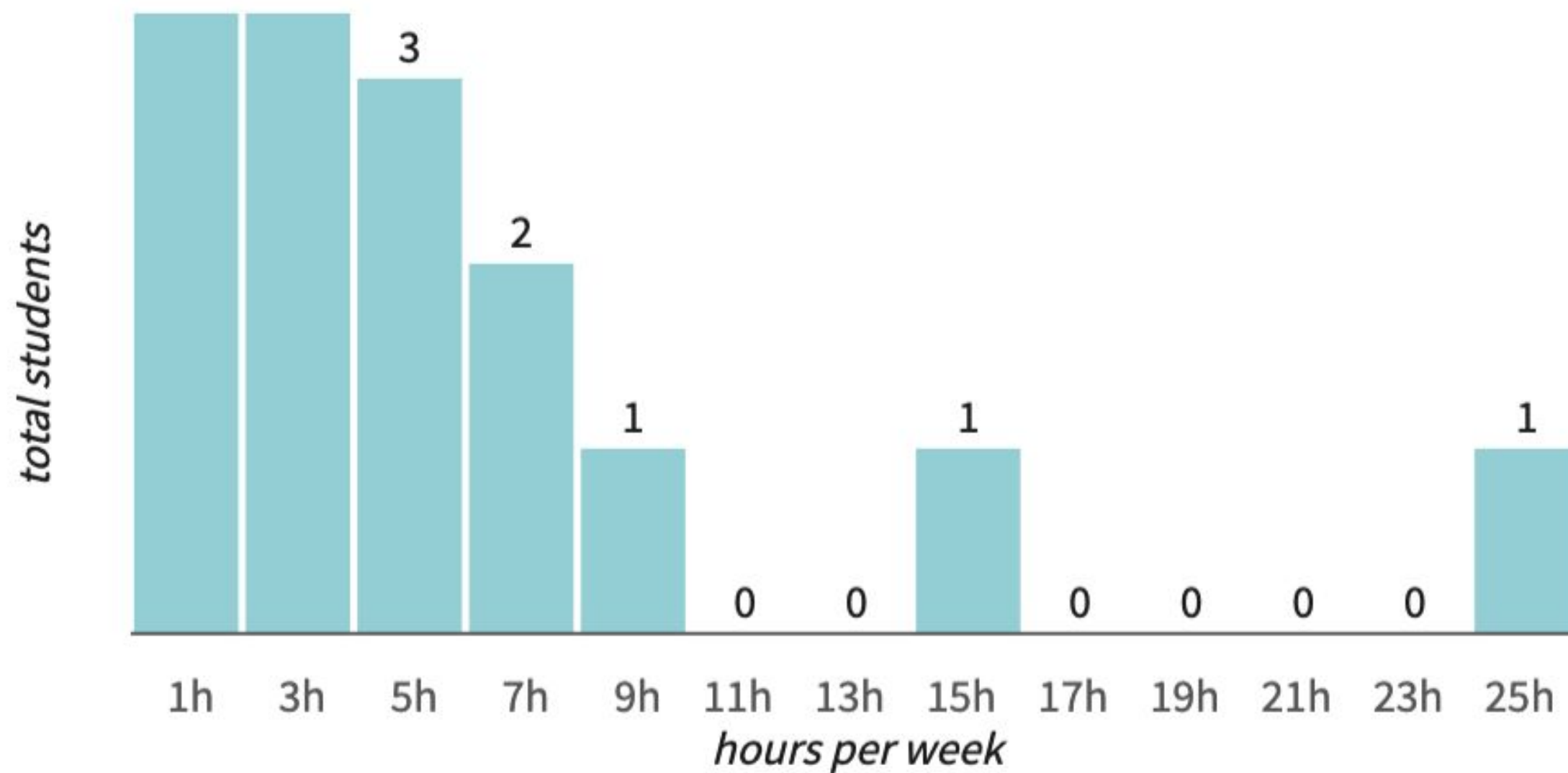
## How much time are students spending outside of class?

Checkpoint Survey 1

Due Sun, February 13

**3<sub>h</sub>**  
class median

**1<sub>h</sub>**  
since previous survey



Did you find this information helpful?

[Yes](#)

[No](#)

[View More](#)

## How do students feel they've grown?

Checkpoint Survey 1

Due Sun, February 13

I have learned to space out my time studying, and I have also started to read the book before I came to class so I could better understand what we were learning. I learned that it takes a lot of repetition for me to properly understand things.

*- student response*

I would say I have grown by implementing new study skills in order to help me retain the information better. I would still like to improve by limiting the outside distractions (tv in the background) during studying.

*- student response*

