

Goal-Directed Behavior Summary

A child's initiation of, and persistence in completing, tasks of varying difficulty.

How the DESSA Measures Goal-Directed Behavior

DESSA K-8	DESSA-HSE
<ul style="list-style-type: none"> 3. keep trying when unsuccessful? 9. take steps to achieve goals? 12. try to do her/his best? 13. seek out additional knowledge or information? 14. take an active role in learning? 15. do things independently? 18. ask to take on additional work or responsibilities? 26. show creativity in completing a task? 29. seek out challenging tasks? 33. work hard on projects? 	<ul style="list-style-type: none"> 2. keep trying when unsuccessful? 7. try to do her/his best? 8. take an active role in learning? 11. ask to take on additional work or responsibilities? 16. seek out more information when wanted or needed? 19. work hard on projects or schoolwork?

<p>Aspects of Goal-Directed Behavior</p>	<ul style="list-style-type: none"> • <i>Initiation of tasks of varying difficulty</i> DESSA K-8 Items: 9, 13, 14, 15, 18, 29 DESSA-HSE Items: 8, 11, 16 • <i>Persistence in completing tasks of varying difficulty</i> DESSA K-8 Items: 3, 12, 26, 33 DESSA-HSE Items: 2, 7, 19
<p>Developing Goal-Directed Behavior</p>	<ul style="list-style-type: none"> • Provide opportunities for children to set meaningful, personally relevant short and long-term goals. • Encourage children to set "SMART" goals – goals that are Specific, Measurable, Attainable (or Achievable), Relevant (or Realistic), and Time-sensitive – which will help support children's Goal-Directed Behavior skills. • Provide formative feedback and reinforcement to children on their goal progress to alert them when effort or strategies need to be adjusted and support their continued effort towards reaching their goal. • Engage children in their learning by encouraging the use of reflection and self-monitoring of goal progress.

	<ul style="list-style-type: none"> • Adults can create an environment that teaches children why thoughtful planning for the future is important and set a culture that notices and reinforces children for their effort, persistence, and hard work.
<p>Benefits of Goal-Directed Behavior</p>	<p>Goal-Directed Behavior skills at home can...</p> <ul style="list-style-type: none"> • Lead to an organized, engaged, and focused home environment. • Limit the amount of time parents spend directing or reminding their children to complete homework and chores. <p>Goal-Directed Behavior skills at school or out-of-school time programs can...</p> <ul style="list-style-type: none"> • Help contribute to an organized, self-regulated, on-task, and effective learning environment. • Provide more instructional time and less time needed for behavior management. • Lead to increased persistence, effort, and improved academic performance. <p>Goal-Directed Behavior skills can lead to a future of....</p> <ul style="list-style-type: none"> • Higher education and career success. • Promoting one's physical health through nutritional and physical activity choices. • Improved mental health and well-being.

For more detailed information about Goal-Directed Behavior, please see the full competency guide found in the DESSA Comprehensive SEL System.