

Session: WOOP YOUR LIFE

SPRING 2020 AWISA Meeting

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***Welcome
to the
Spring
2020
VIRTUAL
AWISA
Meeting!***



Agenda

- **Welcome & Introductions**
- **Why Goal Setting?**
- **What is WOOP?**
- **Make a WOOP goal**
- **Conclusion**

Outcome

- **Learn a new method of goal setting for use in personal and/or professional settings**

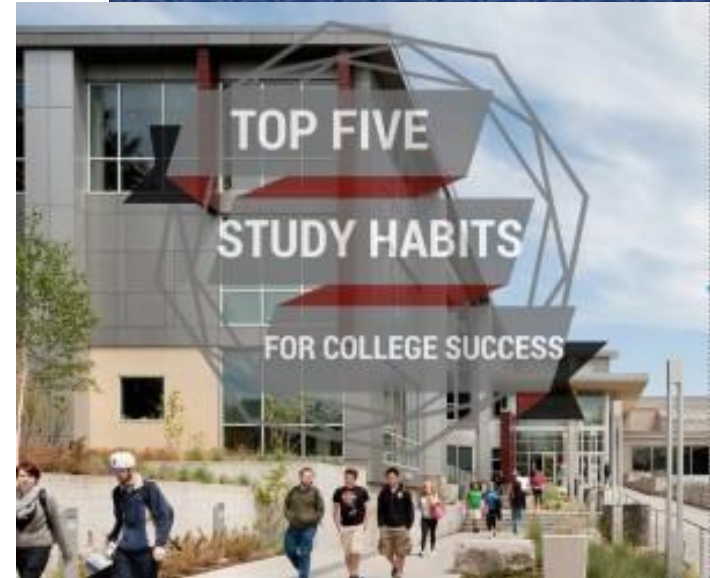


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Who's with us today?

Why are we talking about goal setting at an AWISA Meeting?

- Most colleges and universities offer and/or require a first-year college experience course.
- How can we integrate curriculum from these courses into our advising?
- Goal setting is an important theme in Pierce College's College 110 course



Goal setting with your students

- ❑ What are your educational and career goals?
- ❑ How can we help you achieve your goals?
- ❑ What motivates you to achieve your goals?

Goal setting for yourself

- ❑ What are my short-term goals?
- ❑ How can I achieve what I want in my personal life and career?
- ❑ What motivates me to achieve my goals?



SMART



Specific



Measurable



Attainable

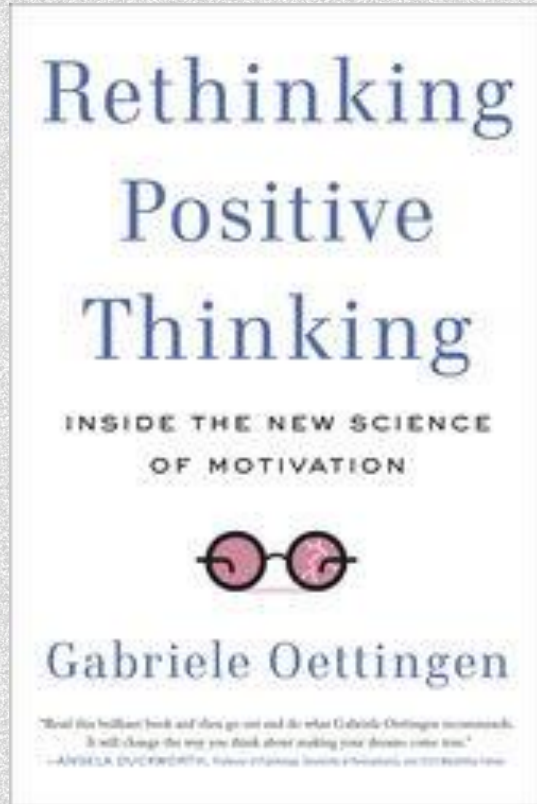


Relevant



Time Based

NYU Professor Gabriele Oettingen



- Positive thinking/fantasizing can limit goal achievement.
- *Mental Contrasting with Implementation Intentions*: a strategy to attain goals by contrasting a positive outcome with obstacles that stands in the way.

A goal without a plan is just a wish

W.O.O.P Goal Setting

WOOP: Wish, Outcome, Obstacles, Plan

WOOP is a process.

We are going to practice it now.

A graphic featuring the acronym 'W.O.O.P.' on a solid blue rectangular background. The letter 'W' is rendered in a large, bold, yellow font. The remaining characters, '.O.O.P.', are rendered in a white font, with each character (including the periods) being the same size as the 'W'.

W.O.O.P.

W stands for wish. Make a wish about something you'd like to accomplish. Be realistic about your wish and make it specific and time-bound.

The logo consists of the letters 'W.O.P.' in a bold, sans-serif font. The 'W' and 'P' are white, while the two 'O's are yellow. The letters are set against a solid blue rectangular background.

W.O.P.

The first **O** stands for outcome.

Imagine the best possible outcome for your wish.

What will it feel like to get your wish?

What will happen when you achieve this wish?

The image shows the acronym 'W.O.O.P.' in a bold, sans-serif font. The letters 'W', 'O', and 'P' are white, while the second 'O' is yellow. The text is set against a solid blue rectangular background.

W.O.O.P.

The second **O** stands for obstacles. Focus on obstacles standing in the way of your success. These can be external or internal.

If



**Obstacle,
Road
Block,
Problem**

Then...



**Plan of
Action,
Behavior to
overcome
obstacle**

A graphic of the acronym 'W.O.O.P.' on a blue rectangular background. The letters 'W', 'O', 'O', and the period are white, while the letter 'P' is yellow. The text is in a bold, sans-serif font.

W.O.O.P.

P stands for Plan. Write an “if/then” statement for what you will do when you encounter an obstacle.

Example: If I find myself procrastinating, then I will do one small task to help me get started.

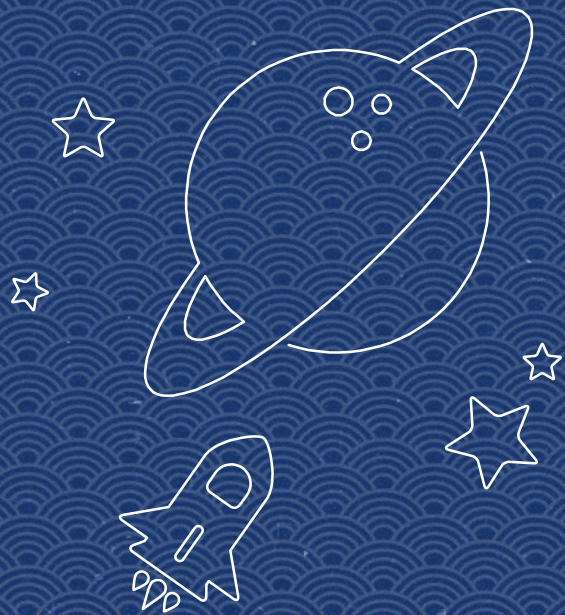
**EFFECTIVE
WOOP
If/Then
statement?**

I wish to get into a good university. The outcome will be that my family will be proud of me. My obstacle is that I think I am lazy. If I study hard, then I will get into my dream school.

**HOW
ABOUT
THIS ONE?**

I wish to get at least a 3.8 GPA this quarter. The outcome will be that I have confidence in my goal of getting into a good university. My obstacle is a lack of motivation because I'd rather hang out with my friends than study.

*My **plan** is that if I am feeling unmotivated, then I will find a quiet space and spend 5 minutes thinking about my future and dream university in order to motivate me to study.*



**Would anyone
like to share
your WOOP?**

MY WOOP GOAL



Wish: I wish to improve my yard by the end of this summer and implement some easy to maintain landscaping.

Outcome: My yard will look better and I will feel confident in my abilities to take on new projects in the yard in the future.

Obstacle: I don't know what I'm doing. I get easily overwhelmed by information on the internet.

Plan: If my feelings of being overwhelmed prevent me from doing yard work, then I will consult one resource and start on one small task to get me started.

Reflection

- Does your wish reflect your values? Is it meaningful?
- Does your WOOP goal fit into a larger SMART goal you have?
- Are you being honest with yourself about your obstacles?
- Is your plan realistic?
- What kind of support do you need to stick to your plan?

So what do you think about WOOP?



Is WOOP an effective goal setting strategy you can use with your students?

Can you use it with SMART goal techniques?

Would you use WOOP in your own life?

Professional, personal enrichment, health, bucket-list items?

Does your institution offer a first-year college experience course? Could you use course content in your own advising sessions?

WOOP: WISH OUTCOME OBSTACLES PLAN (If/Then)



Of course there's an app

Resources:

<https://woopmylife.org>

NPR's Hidden Brain Podcast:

<https://www.npr.org/2016/05/10/477379965/woop-there-it-is-four-steps-to-achieve-your-goals>

<https://characterlab.org/goal-setting>

Oettingen, Gabriele (2014). *Rethinking Positive Thinking: Inside the New Science of Motivation*