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ORIGINAL ARTICLE

ENHANCING ACADEMIC PERFORMANCE OF CLASS IX STUDENTS THROUGH GOAL SETTING AND TRAINING OF SELF REGULATORY STRATEGIES

Rafi Mohmad*

ABSTRACT:

The present study investigated the effects of a goal-setting and self-regulatory training intervention on students' mathematics performance. Use of different phases of self-regulatory skills (Fore thought, Performance and Self Reflection) was part of intervention. Forty four Class IX students (27 Boys and 17 Girls), received instruction (intervention) and utilized Specific, Measurable, Achievable, Realistic, and Time bound (SMART) goals during their academic year in two phases between quarterly and final exams. The researcher prepared Goal setting Module, conducted intervention programme, data was collected and analyzed. Results showed a significant increase in academic performance using goal setting as a strategy for self regulation. Their academic performance was most influenced by the use of student-selected goals using the self regulated learning strategies. Based on these results, educators would benefit from integrating goal setting into their classrooms.

Key words: SMART, Goal Setting, Academic Performance, Mathematics, Self Regulatory Strategies.

Introduction:

Adolescence is also a crucial for making choices of their lives. Interference and Imposing of Academic and Career Goals by Parents leading to Stress, Frustration and Suicidal tendencies. One of the important aspects that may be influenced by the interference is Academic performance of the adolescents. Academic performance refers to the performance that falls within specified standard. The Academic performance is reflected through performance in examinations and is measured by the final grade earned in the course. The **academic performance** is defined by students' reporting of half yearly marks and their expected marks for the final exam. The mark is now used by most of the tertiary institutions as a convenient summary measure of the **academic performance** of their students. Academic Performance can be modified and enhanced by using Goal setting and Self Regulation.

Goal Setting:

Goal-setting theory emerged within the field of industrial- organizational psychology. Goal setting theory began with the work of Kurt Lewin then developed

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