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## **SELF REGULATION OF ACADEMIC PERFORMANCE THROUGH GOAL SETTING IN ADOLESCENTS – AN INTERVENTIONAL STUDY**

**Rafi Mohmad\***

### **Abstract**

This study investigated the effects of a goal-setting intervention on students' academic performance and use of different phases of self-regulatory skills (Fore thought, Performance and Self Reflection). Educators at all levels continually seek ways in which to advance student learning in the classroom. Eighty eight Class X students were divided into experimental and control groups, in three rural Government social welfare residential high schools of Telangana. The experimental 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.

### **Introduction**

Success is the status of having achieved and accomplished an aim or objective. Being successful means the achievement of desired visions and planned goals. In today's world of competitiveness there is not a single individual who is devoid of ambition in some or other form. The Process of becoming successful starts with elaborated Goal setting. Goals prepare any individual for the next level. Goals Prepare Students for Adulthood. Through goal setting, students learn that hard work and good habits almost are the keys to success. Because of this, they discover a level of respect for the dedication and determination required to achieve further important goals in life. Not only is goal setting important for helping students get more out of their academic experiences, but it also means that they will continue to use the same skills in the future to apply for a high-ranking job or achieve a new promotion. For this to happen the goal setting habit should be inculcated in their adolescence period of life.

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