Growth goal setting
Putting evidence into practice

CESE's latest research, in partnership with UNSW, is now available online.
Search **'Growth goal setting'** on the CESE website.

About growth goal setting

Growth goal setting involves striving to meet personally-set academic challenges, aiming to outperform one's previous best efforts or performance.

Main findings

- Research shows that growth goal setting improves achievement and student engagement.
- Students who set growth goals are more likely to experience gains in aspirations, perseverance and homework behaviour.
- Growth goal setting bolsters outcomes, particularly for students of low socioeconomic backgrounds and with low prior achievement.
- Growth goal setting can be fostered through explicit teaching, provision of feedback and relevant content.

About CESE

The Centre for Education Statistics and Evaluation (CESE) was created by the NSW Department of Education in 2012 to improve the effectiveness, efficiency and accountability of education in NSW. CESE is focused on supporting decision-making in education delivery and development with strong evidence.

How to help students set growth goals

Growth goals are specific, challenging and focused on self-improvement.

Understand growth goals
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Pick a type of goal to set

Goals should be adapted to the learning process: decide whether to set a learning, process or product goal.

Also decide whether the goal should focus on the learning pathway or the learning outcome.

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Effective growth goals are positive and measurable. How does the student know that they attained their goal?

Define the goal
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Assess against previous experience
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Specify a timeframe

Short-term goals are more effective than longer-term goals. Goals can be nested in daily, weekly, monthly and long-term goals.

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Break the goal down into components
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Monitor and assess progress
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Measurement can be teacher- or student-led.

Seek help and feedback

Reflect on what can be done to progress towards the goal.

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Determine if goal is achieved
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Set the next growth goal

Read the practical guide at
education.nsw.gov.au/cese

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