**Instructions for Self-Improvement Project (SIP) Report**

The purpose of the SIP is to develop and document throughout the semester, your progress in working to accomplish a meaningful life-goal that you establish for yourself. In doing so you will draw upon motivational theories and research to guide you in developing and executing your project plan.

Throughout the semester you will construct a written SIP report (described below) and submit to SAKAI, (1) an overall goal and outline of your plan to achieve it, (2) a mid-semester draft of status of your progress, and (3) a final report written in APA style at the end of the semester.

**Some sources you will find useful to help guide you are:**

* Burkley & Burkley text: *Motivation Science*   
  Burkley Chaptesr 16: *Applying Motivation Science to Health* and Chapter 17: *Applying Motivation Science to Wealth*
* Deci & Flaste text: *Why We Do What We Do*
* Psychological research on motivation (Bogomolny Library)

This project must be conducted individually, not within a group. For this project, you will *identify a goal that you want to achieve in life* (e.g., weight loss, community service, exercise regimen, reduction in swearing). Nearly any goal will work, but you must abide by a few rules:

**See more detailed instructions in Burkley text - 1.2.2: ProjectMe Goal and table 1.1 ProjectMe: Identifying Your Goal:**

1. Pick a meaningful goal that is really important to you.
2. Pick a goal you can monitor and work toward on a *weekly* basis.
3. The goal must last the *entire* length of the course to achieve.
4. Keep in mind your goal might be made public.
5. Your goal cannot be illegal (become a drug kingpin) or immoral (blackmail).
6. Your goal cannot be to perform well in this class.

**Pick a S.M.A.R.T. goal that is:**

1. Specific, - with a clearly stated outcome
2. Measurable - objectively
3. Achievable - within this semester timeframe,
4. Relevant - to what *you* want to accomplish for your-self
5. Timely - can be measured on at least a weekly basis

SIP Report Form:

1. Word processor, maximum of 1500 words, ***single spaced,*** including references, not including title page.
2. Please submit ***as an attachment*** in the Assignments Folder in SAKAI

**Important: NAMING YOUR FILE:**

**Include *your last name*, *first name*, an abbreviated *SIP title***

**File label example: Mitchell Tom SIP Motivation**

**First Page: Include your SIP Report title, Name, Date, and Self-assigned Grade (A-F)**

**Format and sections of Report**

1. Introduction
   1. Describe the problem to be solved or opportunity to seize and why it is meaningful to you
   2. Describe how your plan will follow the three steps in Burkley figure 1.1
      1. Chose a Particular Goal,
      2. Develop Plan of Action,
      3. Initiate and Persist Goal-Directed Action
   3. Describe how motivational theory in general can help guide the development and execution of your goal plan
   4. Explain specific, relevant motivational theories that are applicable to your project
      * + *(note: this will unfold as we learn about specific motivational theories throughout the semester)*
2. Method
   1. Describe how your plan meets the requirements for a S.M.A.R.T. goal.
   2. Provide specific details for how you will measure your progress
3. Results
   1. Provide detailed results of what changes in behavior did or did not occur and
   2. Indicate the extent to which you met your goals.
      1. *Note: you will not be graded on the extent to which you met the goals – so not need to “fake it.”*
4. Conclusions and discussion
   1. Restate the purpose of your project and
   2. Provide overall conclusions
   3. Discuss your results in terms of what worked well, what challenges you encountered, and recommendations for how to improve the plan
5. \*References
6. Tables and figures (if any)

\*References.

1. Cite your references in APA style.
2. When you cite *articles* referenced from the texts, *please read the original article.*  Do not simply reiterate what authors have said. Your own critical thinking is most important.
3. When you reference the texts. Indicate page numbers and enclose in quotes that are verbatim.

Grading your SIP Project

**Include your self-assigned grade on the first page of your SIP Report**

**The letter grade you assign yourself should be A, B, C, D, or F based upon:**

1. **How well *you* believe you conducted the project and**
2. **What *you* believe best represents the quality of the SIP Report you submitted**

**You should assess the SIP Report based on the following criteria:**

* Quality of content: (i.e. how well you apply motivation theory(s) to guide you in achieving your SIP goal)
* Grammar and readability
* Conformance to APA style
* Citation of relevant motivation research studies that support how and why your project plan design.

**Use the following grading scale:**

**A exceeded my expectations   
B met all of my expectations   
C met most of my expectations   
D met few of my expectations   
F met little or none of expectations**

*File: SIP Instructions.doc*