

# Example of comments on chapters 6,7,8,9 article review

[Psychology](#), [Success](#)



Chapter 6 is about Goals. A goal can be defined as a desired outcome or a level of attainment for an individual. All people have goals in life and they range from performance of tasks to career goals. The desire to achieve certain goals brings about goal-directed behavior. Goal directed behavior takes note of the current situation that a person is in and the ideal state that s/he should be in, the difference between the two states is what brings about motivation. Goals can improve our performance as they allow us to direct our attention and focus on tasks to avoid any distractions. Feedback is very important in the attainment of goals in that it ensures we assess the progress towards achieving the goals. Continuous feedback ensures that we make adjustments to changes that may occur and ensures that we make corrective actions to ensure the attainment of the goals. The assessment of the difficulty of goals plays an important role in the achievement of goals as it highlights the difference between attainable and unattainable goals. The establishment of rules guiding the achievement of goals plays an important role in their achievement. All people have goals and different motivations towards achieving them. The mismatch between personal goals and career (work) goals leads to a conflict that can derail efforts of achieving certain goals.

Chapter 7 talks about The Self. The knowledge of oneself is important in the performance of tasks and contributes to the success or failure of certain tasks. The knowledge of oneself involves the processes of self-evaluation and judgment. A question to ask oneself is how well do you know yourself and how you believe you can achieve certain goals? This involves knowing your strengths and weaknesses. Another question to ask is how well you can

attribute certain activities to failure or success of a task (attribution theory).

Self-efficacy is the ability to successfully complete a task. This involves assessing how the present events will affect the future. Individuals should strive to understand their performance and the direction it is headed.

Collaborative efforts are different because they involve teamwork and different individuals. Personal attribution does not count much but the knowledge of the team in terms of abilities. Two important aspects are important in attributions which are the motivation expectancy for success and emotions. Self-regulation which is the monitoring and evaluation of progress of achieving goals is important. The examination of behaviors, thoughts and attributions can lead to achievement of life goals.

Chapter 8 talks about Positive Psychology and Growth. Positive psychology concerns with the general well-being, contentment, satisfaction, hope and optimism. It is the values that make people better. It is concerned with answering the question of what makes a good life. According to Abraham Marslow, certain needs need to be fulfilled before realizing the full growth potential. The hierarchy of needs stipulates that the lower needs need to be fulfilled before achieving self-actualization. Optimism is an important factor in growth as it motivates you towards a certain direction. Optimism is related to realistic goals. Pessimism, on the other hand, hinders growth. General happiness is a factor for growth. Motivation to increase happiness leads to the attainment of goals and growth. The question to ask oneself is " Am I motivated to increase my happiness?" Adaptation to changes or failure in the quest for growth is important in the achievement of goals. The knowledge of how good/evil we are also affects our growth.

Chapter 9 is on Culture. Culture is the belief, customs and norms of a particular society or simply a way of living of a society. The question to ask ourselves is “ What do we believe in?” Research on culture can tell us the differences and uniqueness of different communities. Research can be carried out using sample surveys. The research carried out should take into consideration validity and reliability to ensure that it is a credible research. Operant conditioning and intrinsic motivation are important in the motivation of individuals in a particular culture. Knowledge of thyself and the communities we live in is important to our well-being and the attainment of goals. We should always strive to maintain harmony between ourselves and the communities we live in. Self-efficacy and self-esteem play key roles in the making of choices by individuals in the communities. Societies are different in terms of what they believe in and the goals they strive to achieve. Other societies focus on family values while others on individual growth. It is important to consider the similarities and differences between communities in the quest of achieving goals. Motivation cannot be divorced from the social context. An individual’s motivation is as a result of the context s/he is in, the situation and culture.