

Regulations of the ‘Goals setting for personal growth’ Workshop at the University of Warsaw 2021

I. BENEFICIARIES

§ 1

The workshop is dedicated to international students, especially:

- 2nd and 3rd year students of first cycle (Bachelor’s degree),
- 4th and 5th year students of uniform Master studies,
- students of second cycle (Master’s degree).

II. DURATION AND STRUCTURE

§ 2

- 1 The ‘Goals setting for personal growth’ Workshop is a one-day long stationary event that will take place on November 26, 2021.

It includes 8 hours of workshops covering the following topics:

- Exercises identifying the vision for life/10 years/5 years/one year – Identifying a Whole Life Vision that maps onto a 10 year vision and then maps onto 3 month vision
- Choosing Goals to Move Forwards With – Brainstorm their vision and goal ideas. Select meaningful goals that add real value to our lives
- The strategies to set goals: Set SMART goals (specific/measurable-action oriented-realistic-timebound) – discover your motivation leverage – be active – be creative – understand your why – know your resources – dealing with obstacles – prioritization – staying focused;
- Good tips on goal-setting tips – see procrastination as a gift – understand your WHY – go slow and achieve more – staying on track – believe in you or know what and when to let go;
- Getting motivated and choosing a strategy that works for you
- Exercises: Setting this year goals – The process of setting 3 specific Annual Goals – from starting out right through to choosing an action to take tomorrow

ADMISSIONS

§ 3

1. Admissions will be held online through the Google Forms and will be available for each student meeting the criteria.
2. Information about the course will be published on UW websites, Facebook page and delivered to potential candidates via e-mail.
3. Acceptance to the course will be determined by order of applications and justification for participation.
4. Candidates who will not manage to sign up for the course on time will be put on the reserve list.

A participant who resigns from the course later than 3 days before the commencement of the course, will not be allowed to take part in any other activity organized by the Welcome Point UW during the academic year 2021/2022.

III. PAYMENT

§ 4

Participation in the ‘Goals setting for personal growth’ Workshop is free of charge. The cost of the course will be covered by the University of Warsaw. The workshop is organised within the Integrated Development Programme at the University of Warsaw and funded by European Social Fund. The objective, pursuing at the University of Warsaw between 2018-2022, is to develop competence of students and employees as well as implement the instruments which upgrade the management process of the University of Warsaw.

IV. CONDITIONS OF PARTICIPATION

§ 5

Participation in the ‘Goals setting for personal growth’ Workshop is possible upon registration for every student meeting the criteria listed above. As it is only one-day event there are no absences allowed.

The Participants make a commitment to sign a declaration of the Project Participant which shall be annexed to this regulation.

Evaluation of the Participants will be made on basis of the pre-test and post-test which are mandatory.

Participants agree to comply with current sanitary regime restrictions in connection with the Covid-19 pandemic.

Contact details



UNIwersytet
Warszawski



ZINTEGROWANY
PROGRAM ROZWOJU

In all matters related to the workshop WELCOME POINT UW welcome@uw.edu.pl. Main Campus UW, Krakowskie Przedmieście 26/28, 00-927 Warsaw, Poland, tel. (+48) 22 55 24 080, (+48) 22 55 24 103; opening hours: Monday–Friday, 9:00–16:30.

I hereby declare that I read and understood the 'Goals setting for personal growth' Workshop at the University of Warsaw 2021 and I will follow it unconditionally.

Signature of the participant, date



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Wiedza Edukacja Rozwój

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