

The effects of a values and goal setting intervention on academic-related outcomes in college students



The University of Mississippi

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UM Center for Contextual Psychology

dedicated to

World Domination through Peace, Love, and

Understanding





A close-up photograph of a black and white cow's head and neck, looking directly at the camera. The cow is in a green field under a blue sky with white clouds. A large black rectangular box is overlaid on the center of the image, containing the text "Got Values?".

Got Values?



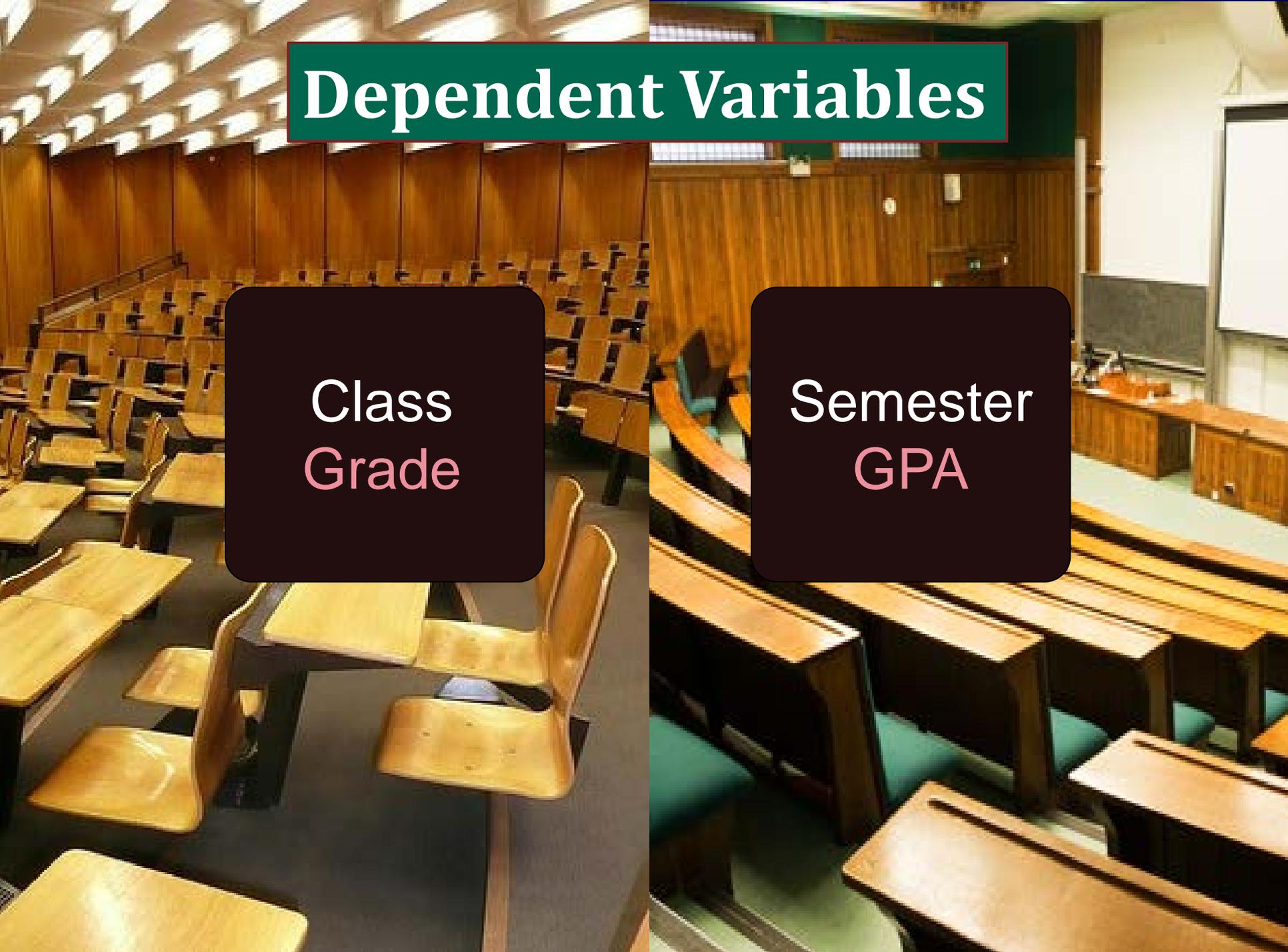


Independent Variables

Goals

Goals
+
Values

Dependent Variables



Class
Grade

Semester
GPA

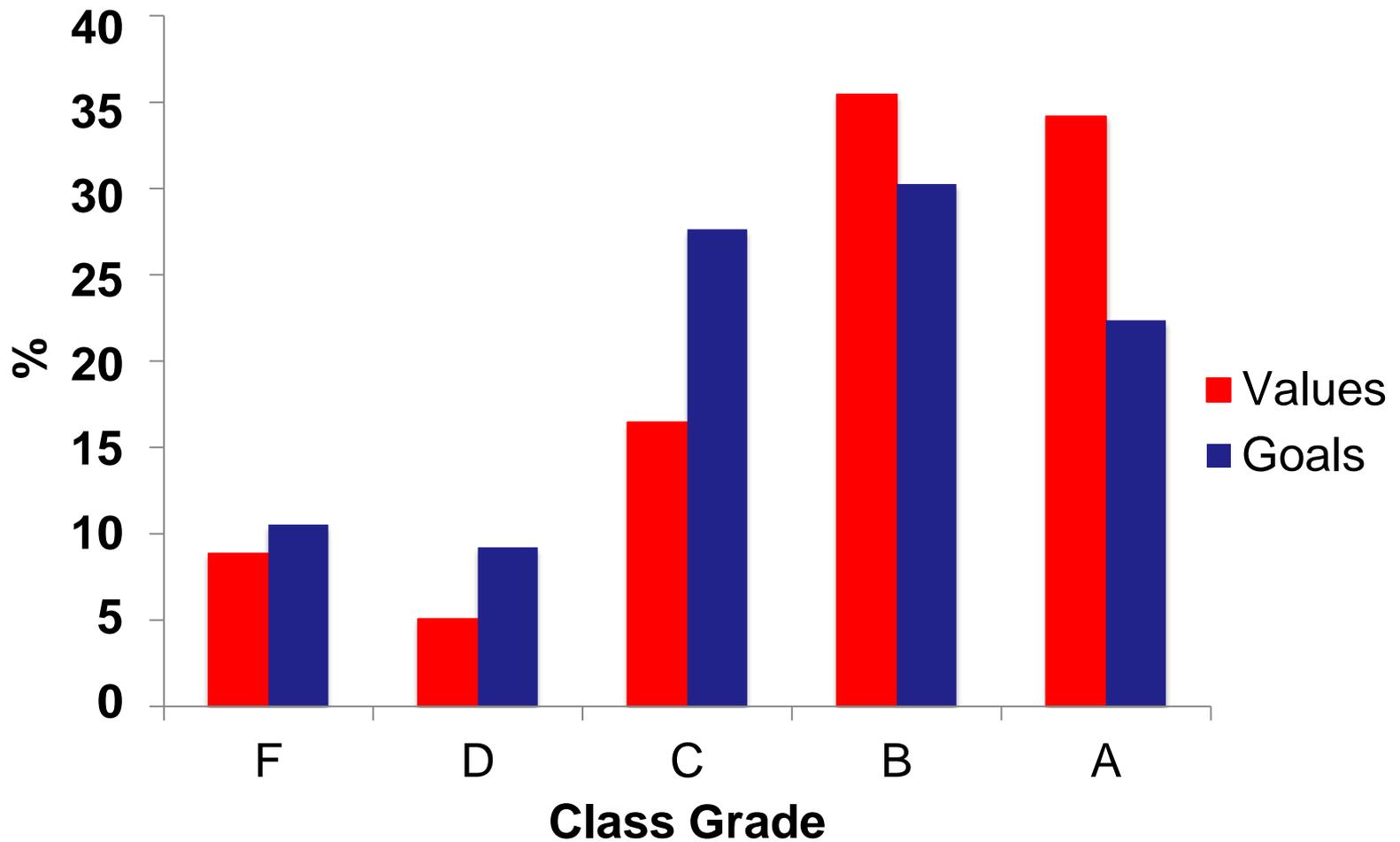
Participants

	Goals (N=76)	Goals + Values (N=80)
Female	64.5%	52.5%
African American	15.8%	10.0%
Caucasian	78.9%	83.8%
Mean Age	18.36 (SD=1.06)	19.12 (SD=1.75)
Mean High School GPA	3.28 (SD=0.48)	3.32 (SD=0.5)



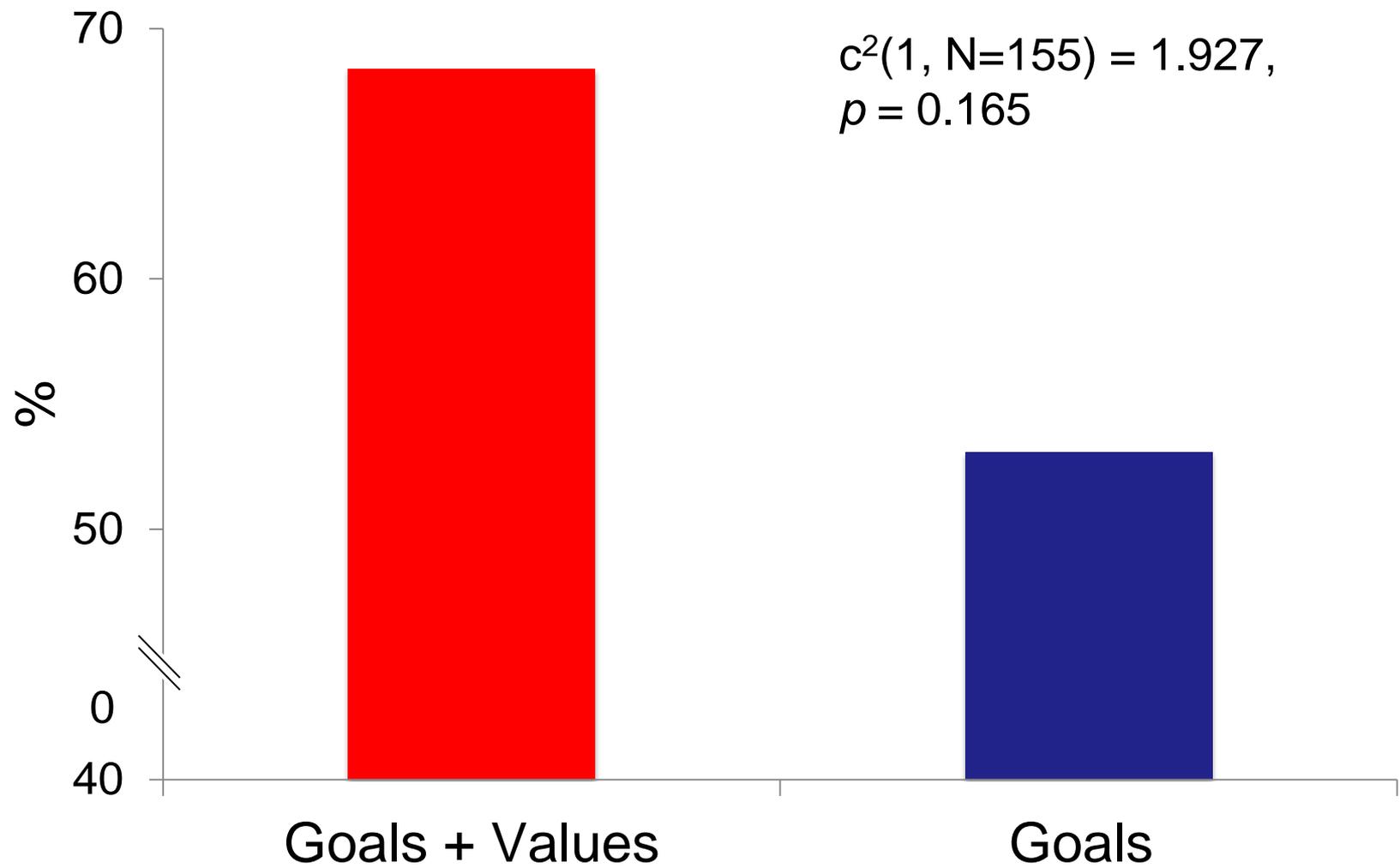
Grade
in
Class

% of Students by Class Grade

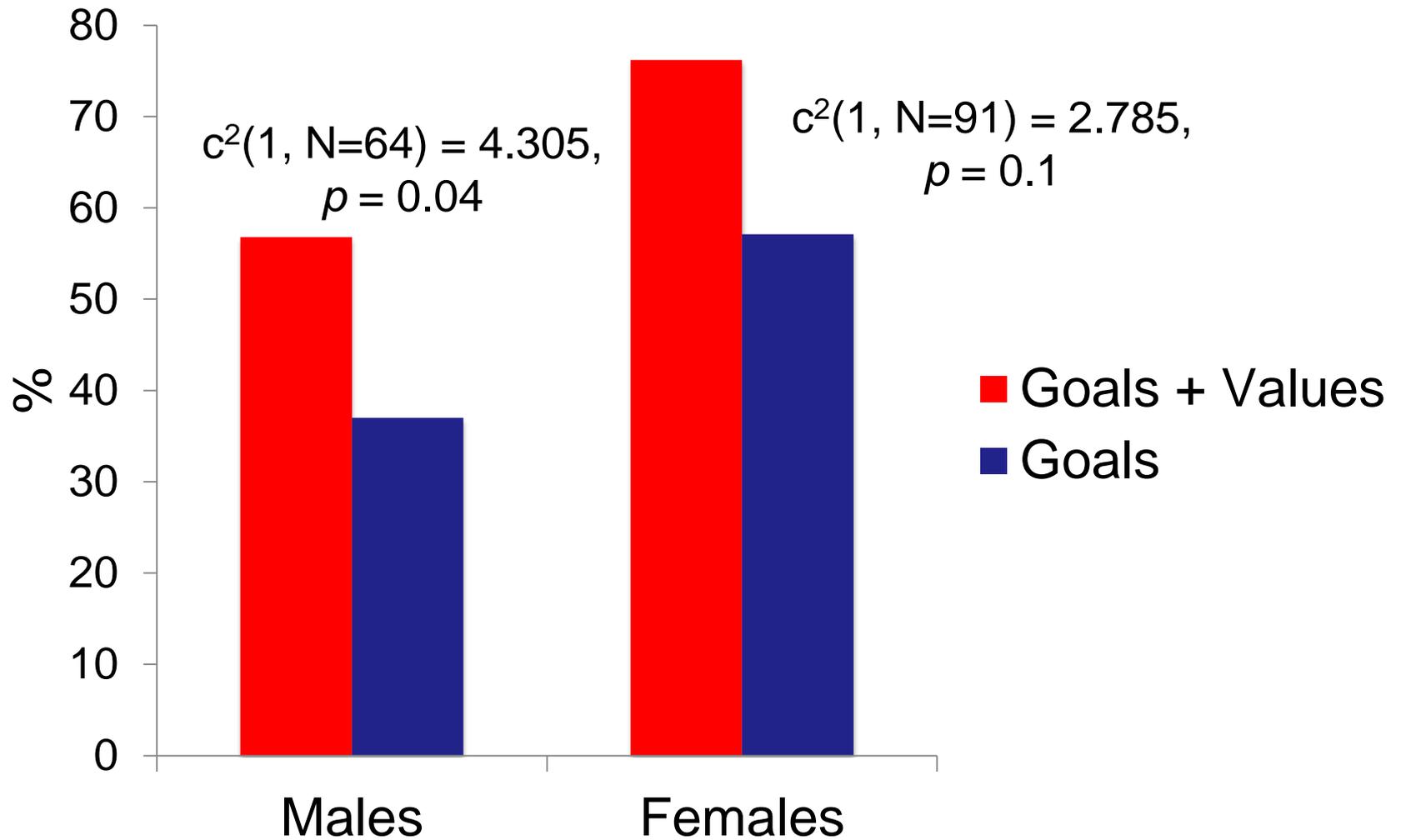




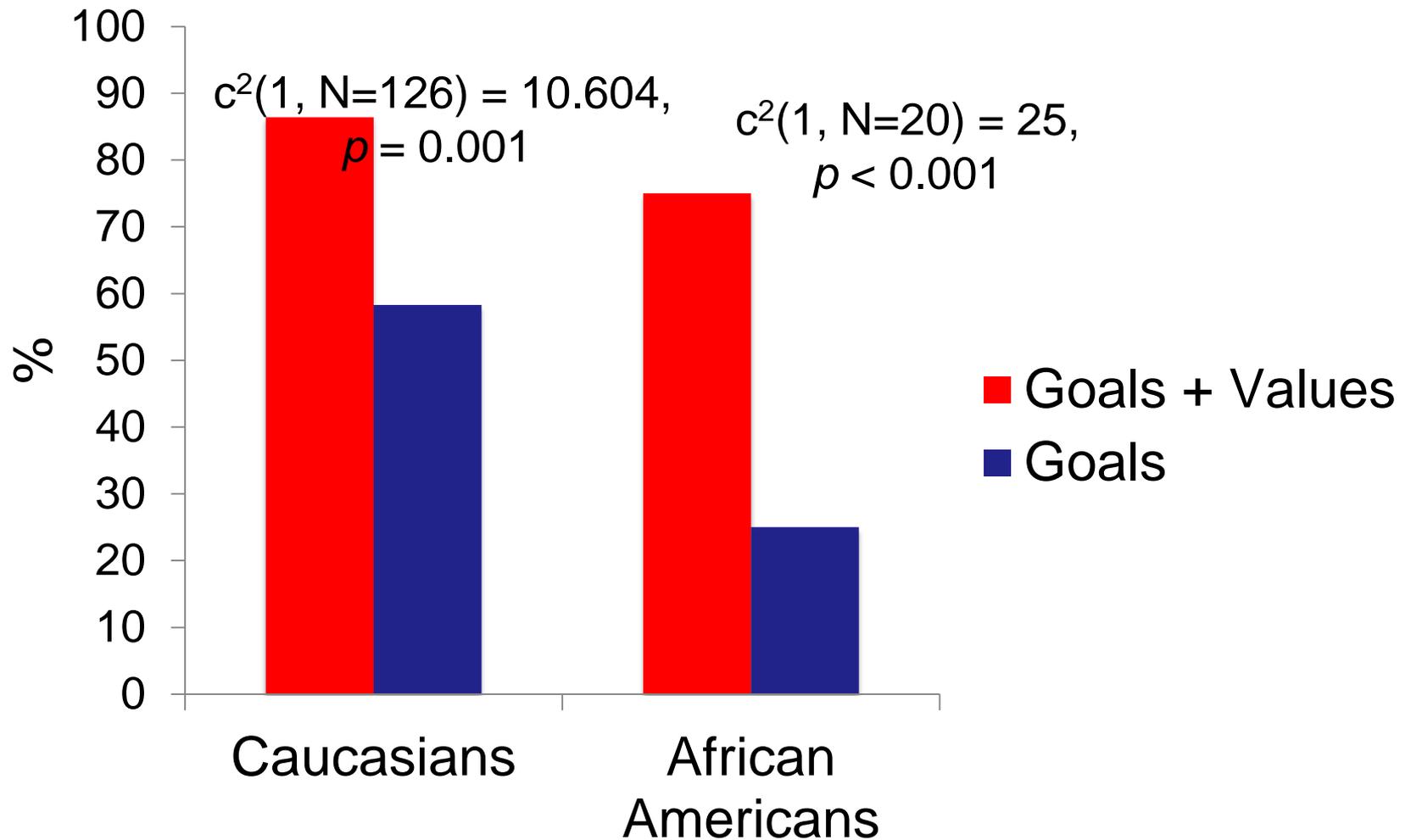
% of Students with an A or a B in the Class

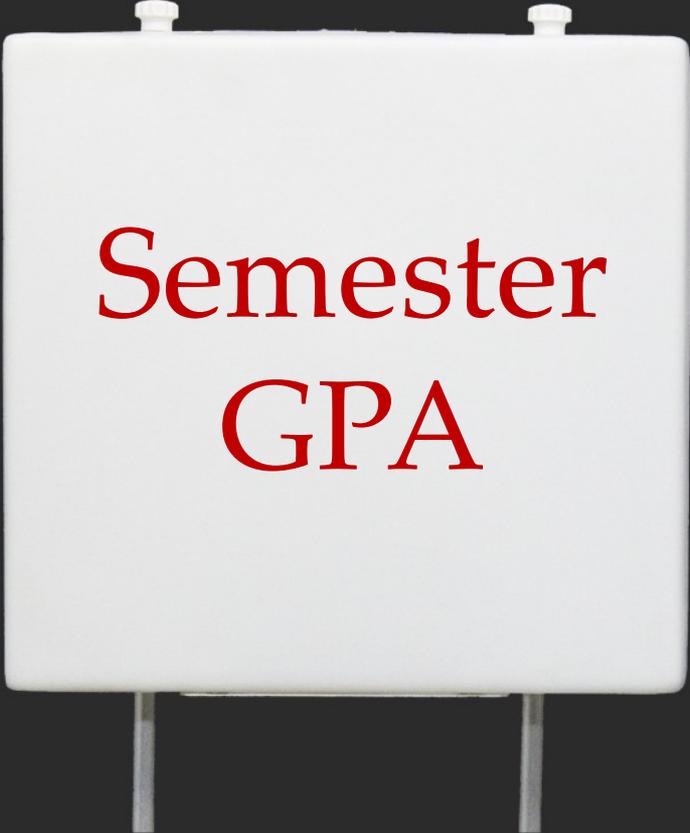


% of Students with an A or a B in the Class



% of Students with an A or a B in the Class





Semester
GPA

Yes
134

$\bar{x} =$
81.14%

No
22

$\bar{x} =$
72.19%

No
22

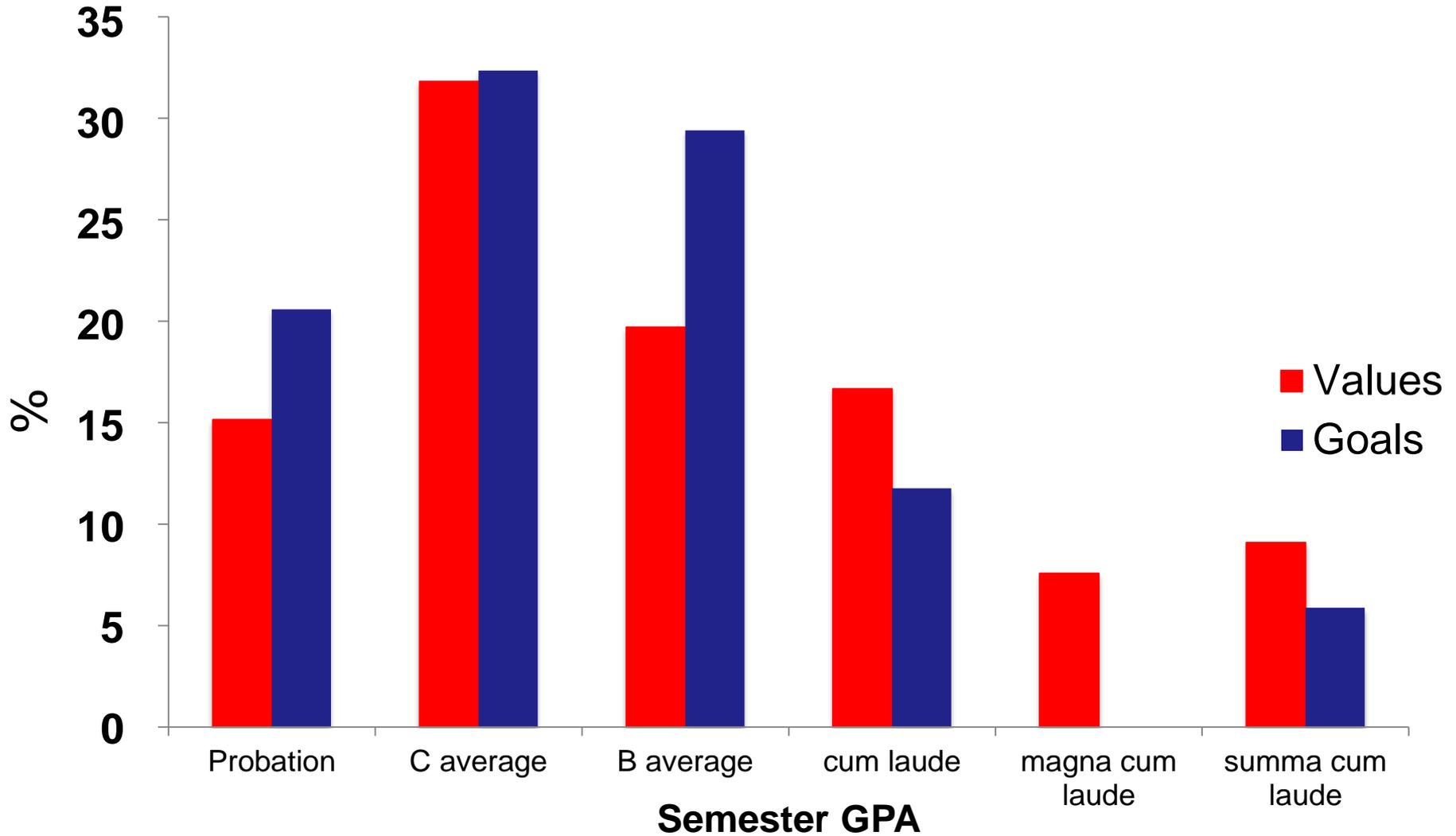
Goals + Values
14 (17.5%)

Not
Significant

Goals
8 (10.5%)

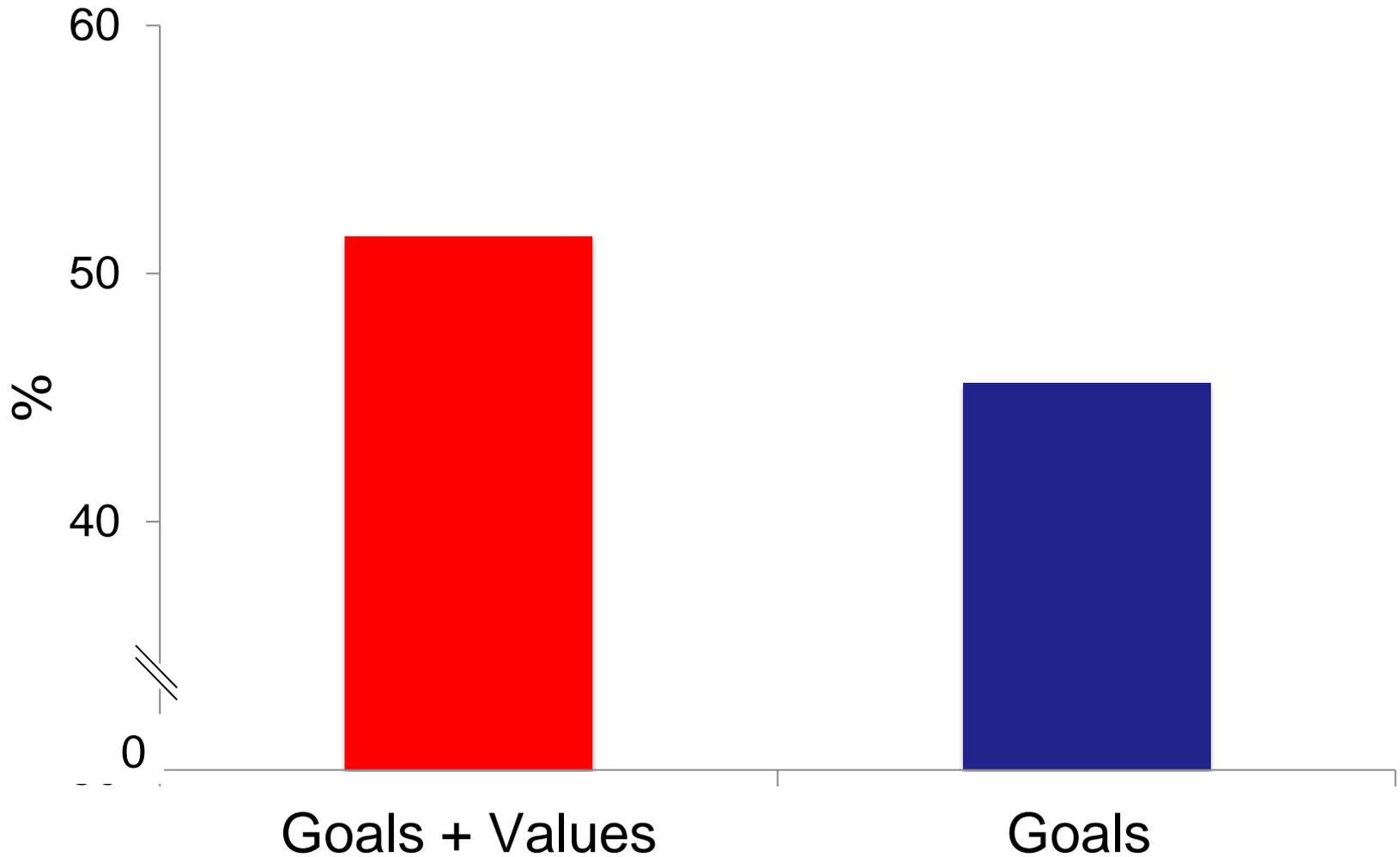
Significant

% of Students by Semester GPA

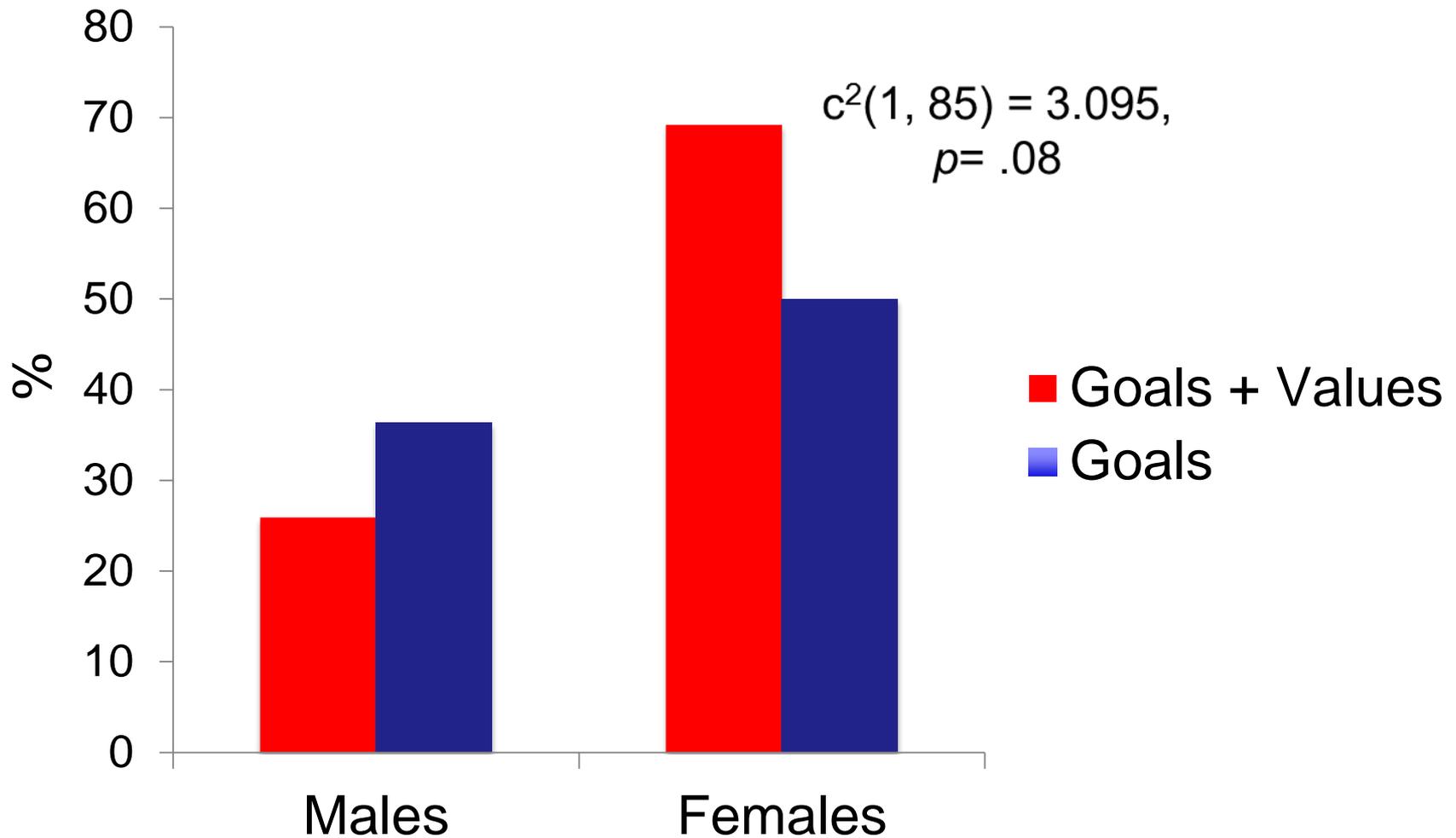




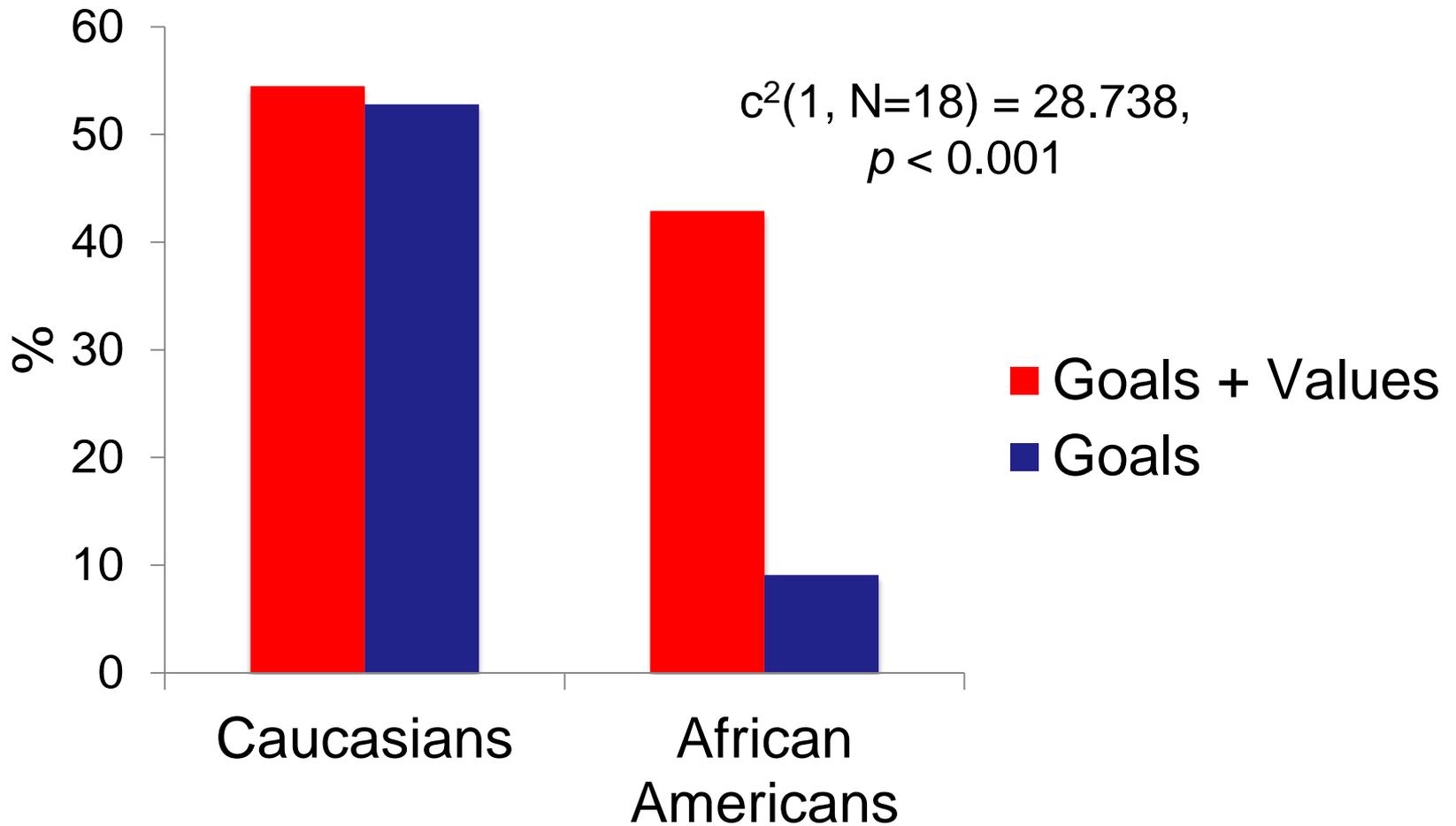
% of Students with a Semester GPA of 3.0 or Higher



% of Students with a Semester GPA of 3.0 or Higher

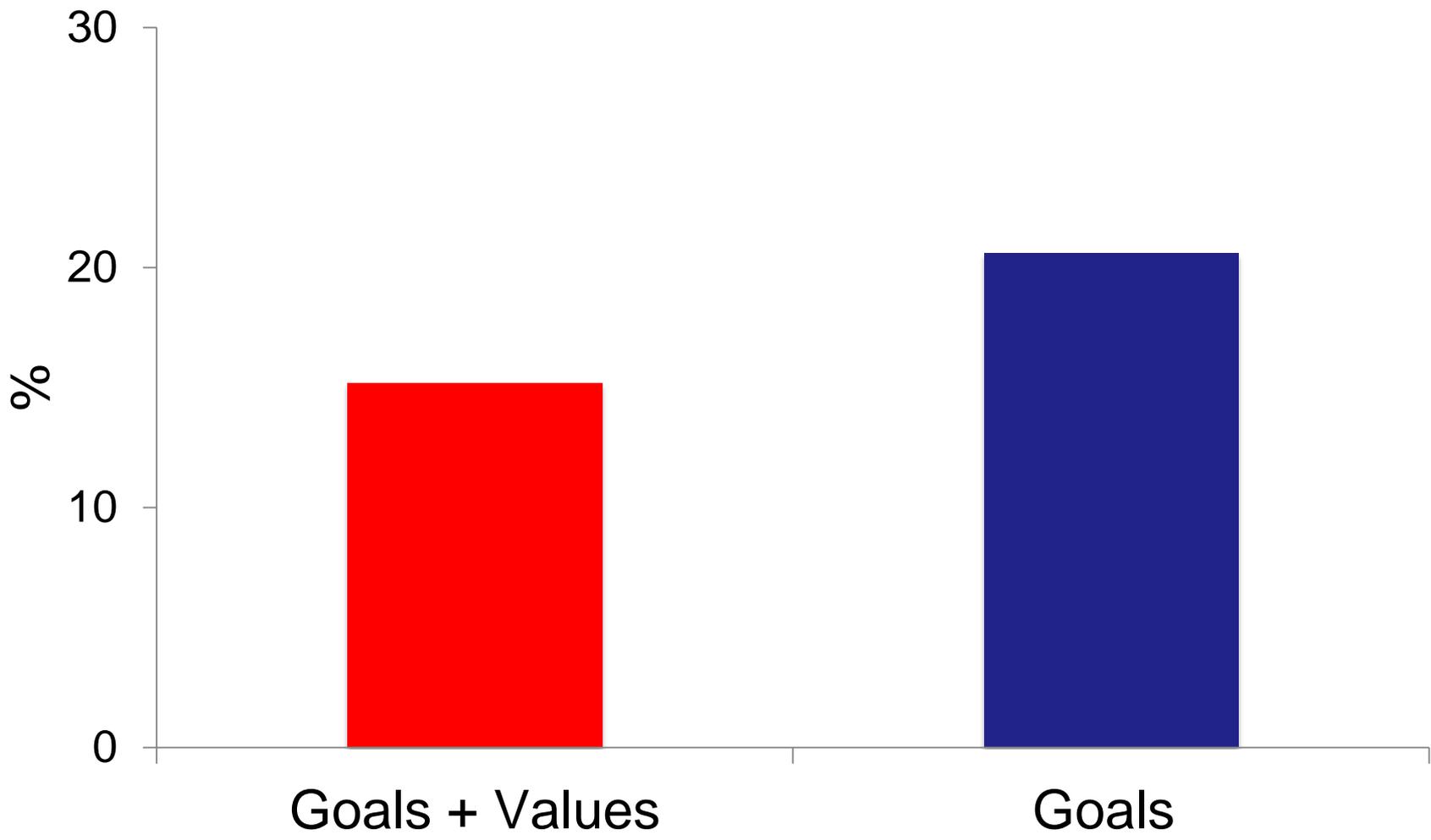


% of Students with a Semester GPA of 3.0 or Higher

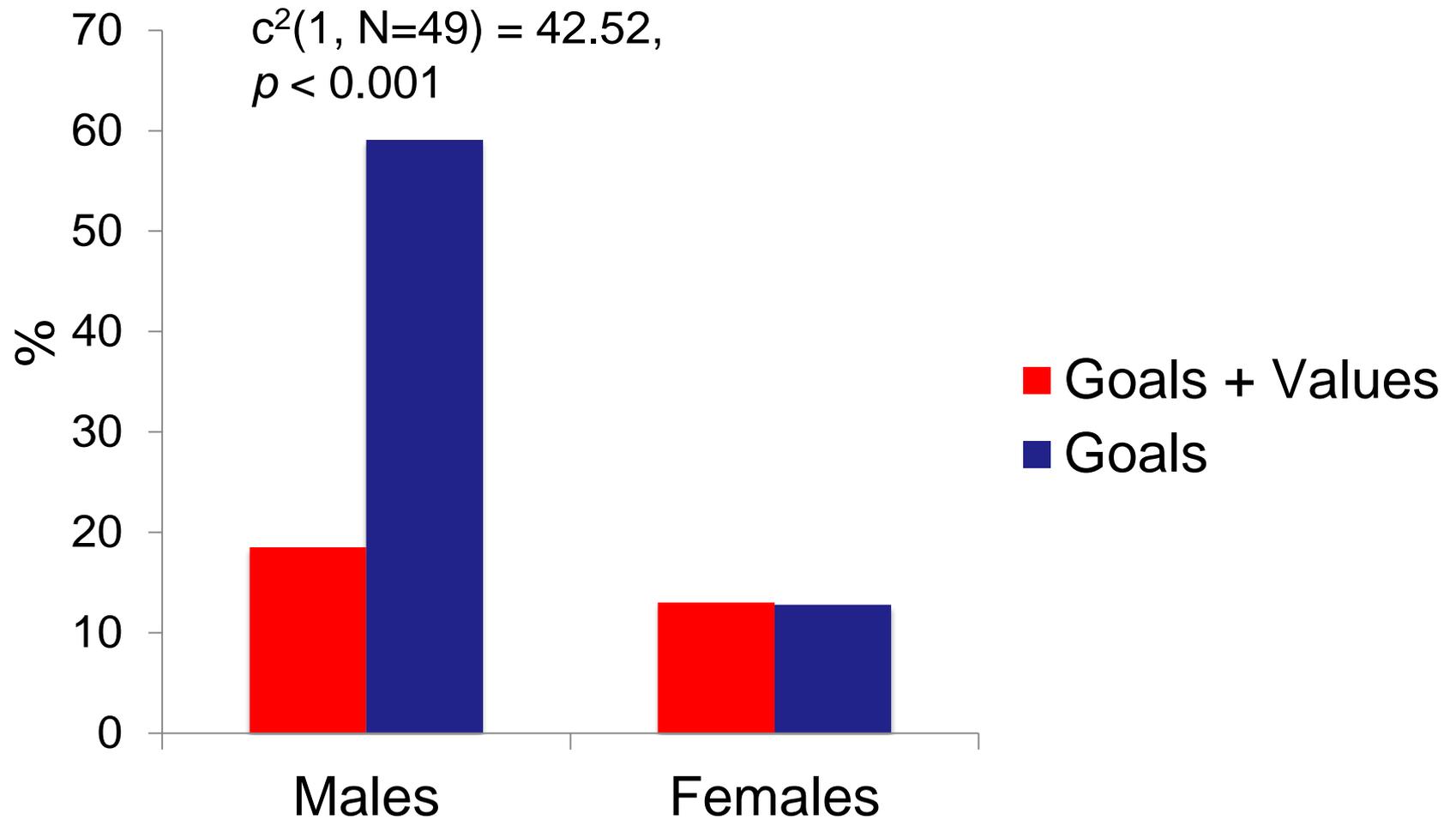




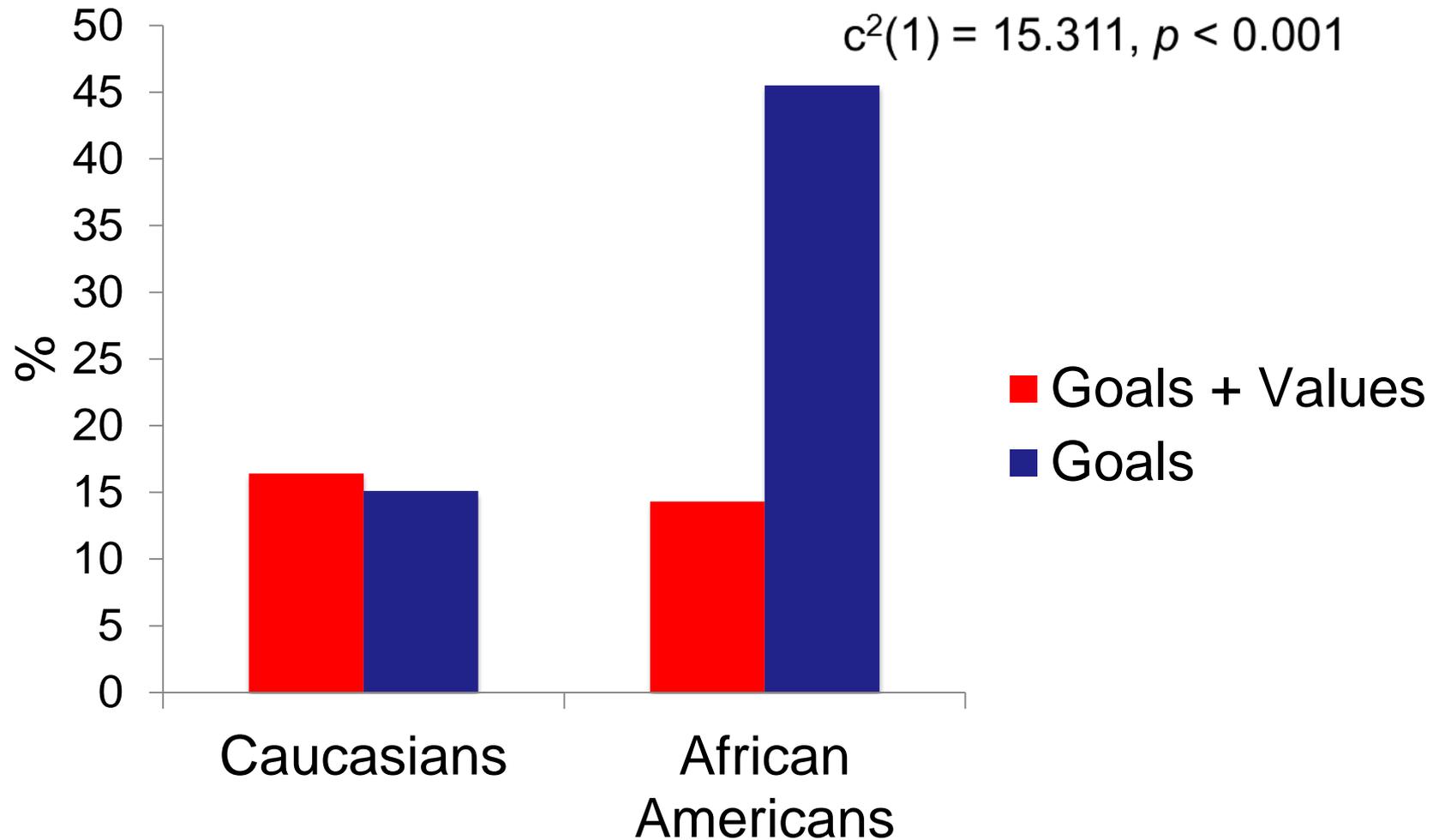
% of Students with a Semester GPA Lower than 2.0



% of Students with a Semester GPA Lower than 2.0



% of Students with a Semester GPA Lower than 2.0





166



3067

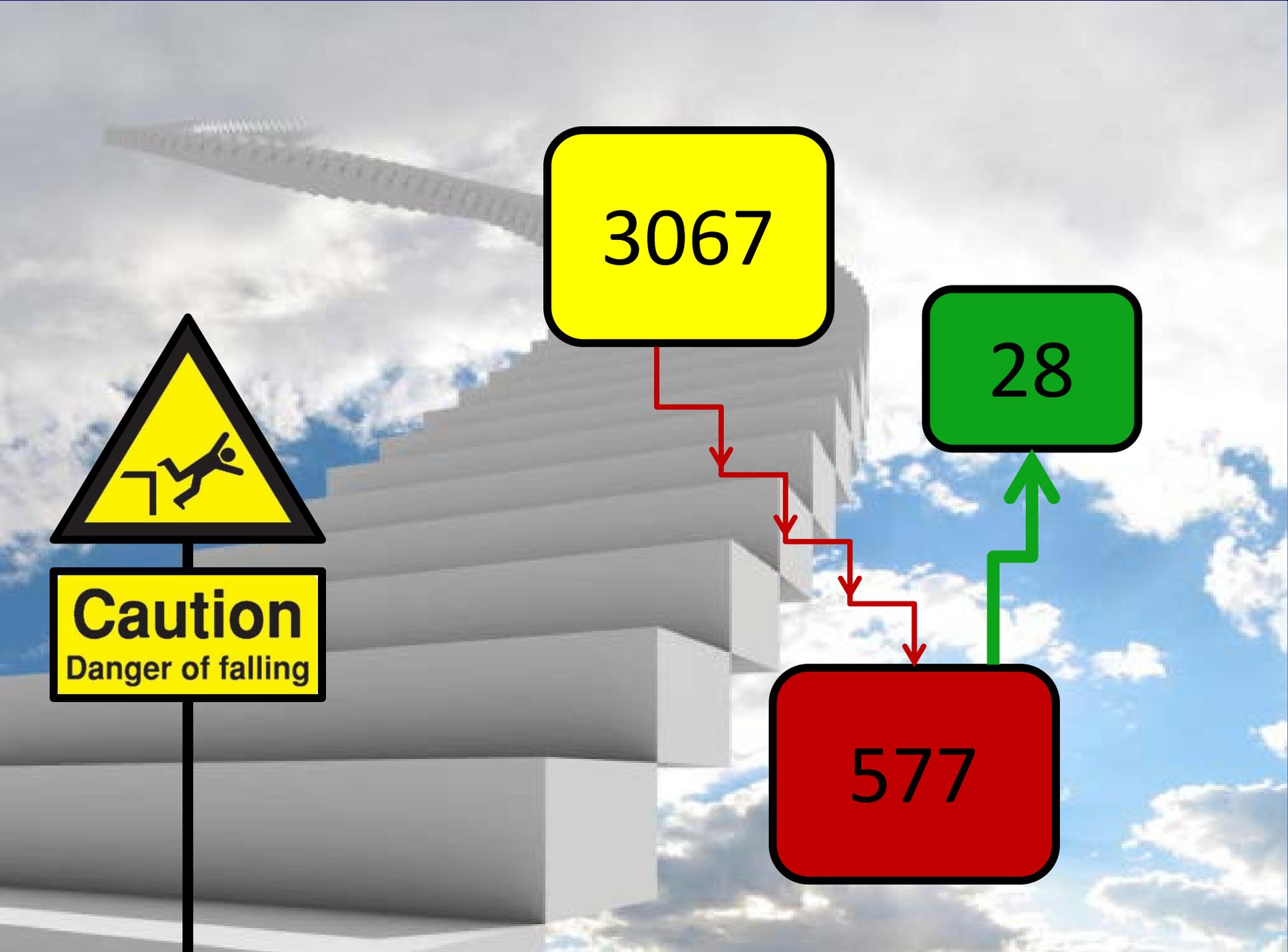
3067

28

577



Caution
Danger of falling



Discussion

Small
Sample

More
Classes

Random
Assignment

Control
Group



Thank
You

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