Teacher Answer Key

Case Study

1. His goal was vague ("perfectly organized"), unrealistic (perfection), and overloaded with tools; it didn't specify clear daily behaviors and collapsed when life got busy.

2. The new goal focused on one concrete, time-limited habit (20 minutes each school night), tied to a specific cue (before social media), making it easier to repeat and recover from missed days.

Multiple Choice

1. D

2. C

3. A

Matching

1-C, 2-A, 3-B, 4-E, 5-D

Fill-in-the-Blank

1) SMART, 2) dopamine, 3) architecture

Short Answer (Sample Responses)

Q1: Example: Vague—"Get better grades." SMART process goal—"Review notes for 15 minutes after last class on Mondays–Thursdays." Look for specificity, measurability, and a clear schedule.

Q2: Identity-based goals connect behavior to self-image; if you see yourself as "someone who follows through," you're more likely to act consistently, even when motivation dips.

Q3: Strong answers might mention shrinking the goal into smaller steps, using fresh starts after setbacks instead of quitting, or changing the environment (like silencing notifications) so the desired habit faces less friction.