READ TO FIND KEY INFORMATION

Instructions:

1. **Read** the ARTICLE in your Google Classroom

Use the next questions to **BUILD A SUMMARY**

-FOLLOW the instructions in grey

-FILL IN the missing parts in the lines _____

a)**WHEN** was the article written? **BY WHOM**?

On _____*(mention the month here)*, of_____*(mention the year here)*, _____ and_____*(mention their names)* that are_____ *(mention their jobs or certifications here)* from _____*(mention WHERE they are from*, made a study.

b)**WHAT** did they do?

They asked _____*(mention how many students)* students, to participate in an experiment about_____*(mention what the experiment is about)*.

c) **WHAT** did they find out about setting harder goals?

Some were given a harder goal, and others were given an easier goal to keep.

_____ (mention the fraction)of the students who were given a harder goal kept it,

while _____ (mention the fraction)of the students who were given an easier

goal kept it. This means, that people will more probably stick to a goal if it is

_____(easier or harder?).

d) **WHAT** else, did they find out?

Furthermore, they saw that a "mulligan" (extra group with different conditions) group worked

better when they were given a harder task and a chance

to_____(mention what they were "given a chance to do")

THIS IDEA ENDS HERE, SO START A NEW PARAGRAPH.

e) **HOW** does "piggybacking" work?

In a different experiment _____ and_____(mention there names),

proved that "piggybacking" is something that can help you reach a goal. To piggyback is to

_____.(explain HOW piggybacking works).

f) **WHAT** did they DO to PROVE "piggybacking" does work?

They proved piggybacking worked by taking _____ (mention the number of

people)people who wanted to_____(mention what they wanted), and doing

an experiment.

g) **HOW** did the experiment take place?

They gave _____ (mention how many) of the study group members a "temptation" by giving them an interesting audiobook to listen to, while they were exercising. The other _____ (mention how many) were not given the_____ (mention what they were given).

h) **WHICH** were the results of the experiment?

The result was that _____ (mention the result). It proved that _____ (mention what it proves)

g) *(This is NOT in the article, REFLECT to WRITE your own conclusion)*

WHY should we consider what these researchers found in their studies when setting our goals?

I think these tools may be _____ *(choose if: of very little use, somewhat useful, useful, or extremely useful)* for setting goals because_____.*(explain WHY it would be useful)* The next time I set a goal, I_____ *(choose if: would, or wouldn't)* consider using _____ *(explain WHICH strategy)* ,since _____.*(explain WHY you would use it)*