

## The readings

Given that you have a book to read before next team gathering, only one article this time, and two videos:

- Gary Latham: 2004: The motivational benefits of goal-setting. *Academy of Management Executive*
  - Pdf available in MyCourses
- Bryan Dik: How to find and live your calling. *TedX talk*
  - <https://www.youtube.com/watch?v=G2AMSOAvX2s>
- Adam Grant: Give and take. *Ted talk*
  - <https://www.youtube.com/watch?v=YyXRYgjQXX0>

## Reading report instructions

Read the article and watch the two videos.

Based on them, answer the following questions:

- Gary Latham
  - What are the five conditions increasing the effectiveness of goal-setting?
  - How much do you use goal-setting in your studies and/or work? How about your personal life?
  - Think about a situation in your own life/work/studies where goal-setting could help. Try to design a good goal for that situation
- Bryan Dik
  - What five things help in career interventions?
  - Think about how you could utilize each of those five in your own search for good career choices
- Adam Grant
  - Think about your style in interactions: are you a giver, taker or matcher?
    - Think about different contexts (family, work, student community, hobbies, others). Are you different in different contexts?
  - What strategies can you use to be a giver in a way that allows you still to achieve your personal goals?

Your reading report should thus answer these questions and be in total approximately 1 A4 page.

Please submit your reading report as one file to MyCourses before Friday 8<sup>th</sup> Feb at 13.00. Take a copy with you to the gathering.