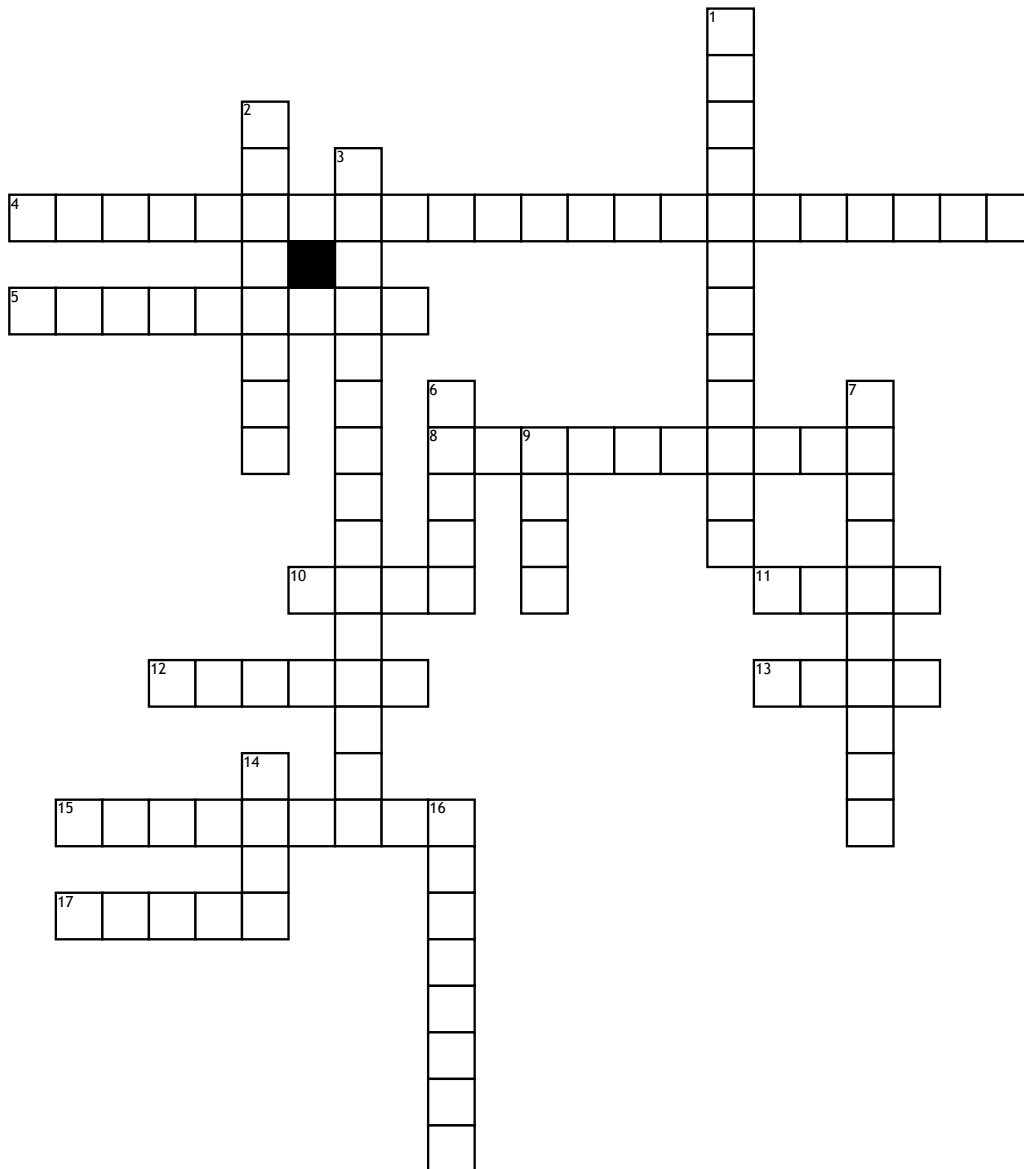


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# SMART Goals and Self-Efficacy



## Across

4. In what process do managers and employees work together to set verifiable, and measurable goals that are periodically reviewed?

5. In terms of SMART goals - \_\_\_\_ - \_\_\_\_: The goals are to be achieved within a stated time.

8. In terms of SMART goals = \_\_\_\_ : The goals, even if difficult, are reasonable and achievable.

10. Those with high self efficacy will try harder to master a challenge. True or false?

11. SMART goals allow for a greater chance of success.

12. The \_\_\_\_\_ the self-efficacy, the more confidence an employee has to in their ability to succeed in a task.

13. Studies at the University of Toronto have shown that intentions to work towards a \_\_\_\_\_ are a major source of work motivation.

15. Results Only Work Environment : In this type of environment \_\_\_\_\_ focus only on achieving results and manage their time accordingly.

17. A recent survey done on managers asked if their job had clearly defined goals, and the majority agreed. True or False?

## Down

1. An individuals belief that he or she is capable of performing a task.

2. Goal Setting Theory: A theory which says that specific and difficult goals with \_\_\_\_\_, lead to higher performance.

3. In terms of SMART goals - \_\_\_\_\_ - \_\_\_\_\_ : The goals should support the vision of the organization.

6. Goal setting theory compete with one another and do not complement each other. True or false?

7. In terms of SMART goals - \_\_\_\_\_ : The goals proposed can be tracked and reviewed.

9. Goals increase persistence. True or false?

14. \_\_\_\_\_ (acronym) is effective because it encourages intrinsic motivation, allows for autonomy, and provides an opportunity to work on tasks the employee feels are important.

16. In terms of SMART goals - \_\_\_\_\_ : Individuals know exactly what is to be achieved.