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Goal-setting research cited by TIME, Forbes, Yahoo, others

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Research by Dominican University of California psychology professor Dr. Gail Matthews focused on setting and achieving goals was cited recently by numerous national and international publications including TIME, Forbes and the Huffington Post about ways to increase productivity.

Dr. Matthews, a professor in the [Department of Psychology](#) in the [School of Arts, Humanities and Social Sciences](#), recruited 267 participants from a wide variety of businesses, organizations, and networking groups throughout the United States and overseas for a study on how goal achievement in the workplace is influenced by writing goals, committing to goal-directed actions, and accountability for those actions. Matthews found that more than 70 percent of the participants who sent weekly updates to a friend reported successful goal achievement (completely accomplished their goal or were more than half way there), compared to 35 percent of those who kept their goals to themselves, without writing them down.

Her findings were presented last year at the Ninth Annual International Conference of the Psychology Research Unit of Athens Institute for Education and Research (ATINER).

Dr. Matthews' research is cited in [TIME](#), [Forbes](#), [Huffington Post](#), [Yahoo News](#), [Philadelphia Tribune](#), [Washington Informer](#), [Reno Gazette Journal](#), [Indianapolis Recorder](#), [Metro](#), [Pittsburgh Courier](#), [Dallas Weekly](#), the [Punch](#), [Tech Times](#), [Orlando Health](#), and the [International Business Times](#) in the United Kingdom.

Dr. Matthews is a clinical psychologist whose research on dealing with the "imposter phenomenon" (feelings among some successful people that they do not deserve their success and that they have fooled others who perceive them as competent) received national media attention and her research on blaming the victim (the "just-world hypothesis") is considered a classic in social psychology.

Dr. Matthews chaired the Psychology Department from 1977-1999, and developed the courses in Psychology of Career Choice and Career Development, which she currently teaches. She also regularly teaches Field Placement, Directed Research, Life Coaching, Creating Your Future, and Positive Psychology.

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