Productivity Tool Usage, Goal Models, and Quality of Goal Pursuit Experiences

Background
Research find three primary ways people organize goals: according to level or rank (hierarchy), degree of association (network), or chronological order (sequential) (Kung & Scholer, 2021).

Study Design
Online survey of U.S. undergraduate students on tool usage, goal model style, and relevant outcomes.

N=213
58.7% Female
57.5% White

Measures
• Productivity Tools: Concept Map, Flowchart, Kanban, Timeline, Gantt Chart, Checklist, Brainstorm List, Calendar (virtual), Daily Planner, Wall Calendar
• Goal Pursuit Experience: Goal Pursuit Strategy, Goal Setting, GPA, Stress, Life Satisfaction, Conscientiousness, Self-Control, Procrastination
• Other measures: Goal Model Preference, Time Management Behaviors

Results
• No coherent groups of productivity tools suggested from Exploratory Factor Analysis
• **Hierarchical** and **Network** goal model style did not significantly predict any specific tool use (hierarchical: p's > .086; network: p's > .10).
• **Sequential** style predicted the use of:
  - Flowchart ($r = .18$, $p = .004$)
  - Brainstorming list ($r = .30$, $p = .022$)
  - Kanban board ($r = .40$, $p = .002$)
  - Timeline ($r = .39$, $p = .007$)
• Higher **Goal Setting** effectiveness was related to the use of Timeline, Checklist, Daily Planner
• More **Stress** was related to use of Gantt chart, Brainstorming list
• **Conscientiousness** was related to use of Timeline and Daily Planner

Implications
• This study adds to the self regulation and multiple goals literature, showing that goal regulation behaviors can have implications for goal pursuit.
• We hope to motivate future research to further unpack the mechanisms of goal management