

Objectives and Specific Aims

Jerome, a district superintendent, believes that teenagers who play organized sports after school have fewer social and academic problems. Therefore, he plans to implement a program in his school district in which some schools will offer after school team sports, some will offer unsupervised sport activities, and some will have no after school programs. Write goals and objectives for Jerome's project to help him win Board approval for his plan as well as to seek funding for implementing it.

Kitty is interested in possible connections between bullying behavior, quality of home environment, and classroom impulse control among boys and girls in elementary school. As she more fully formulates her grant application, what are some goals, objectives, and specific aims that Kitty could include?

Based on social learning theory, Lauren expects that having the skaters she coaches watch the technique of top-ranked figure skaters and also visualize their own superior performances will produce better results for them. She wants to demonstrate the utility of her social learning approach in a grant-funded controlled study. Help Kitty by writing goals and specific aims/hypotheses for her study.

Kenneth works for a consulting firm that is bidding on a project that is focused on assessing the quality of life and determinants of quality of life among nursing home residents. He envisions a project to investigate these issues that would involve conducting a series of interviews with residents followed by a large-scale survey of residents from several communities. What are some goals and specific aims that could be incorporated into his proposal?

Revision Examples

Try rewriting each sentence below trying to keep the writing tips in mind. All of the sentences can be reworked to make them shorter, more direct, and ultimately, more compelling. The first example shows a progression of changes; the final sentence is less than half the number of words as the first without any loss in meaning.

Example 1: Participants will be asked to complete items that measure their levels of self-esteem.

- Participants will complete items that measure their levels of self-esteem.
- Participants will complete multiple-item measures of self-esteem.
- Participants will complete self-esteem measures.

Example 2: The assessment of needs will begin in the early spring during the week before the first meeting of the Executive committee for the project.

Example 3: The proposed project is likely to enhance the relationship between schools and families in ways that provides an important impact on a lot of people, both in the community and in other places locally, regionally, and nationally.

Example 4: As can be seen, this is a very interesting and innovative project. We hope that we have piqued your interest in it. We are really committed to it and are sure of its ultimate success. It would be fantastic if funders, such as yourself, would like to give us a visit so that we can answer any other questions that you might have or to explain our programs even further.

Example 5: Students who are participating in this pilot program will take tests that assess their achievement gains two times, before the program begins and after it is completed, as one way for the investigators to evaluate the program's effectiveness.

Example 6: The prior research in this area has a lot of gaps and has really failed to establish a strong causal link between programs that provide skills training and the ability of individuals to refrain from engaging in behaviors that put them at risk. There definitely needs to be more research done on these topics.