

Goal Setting



A goal properly set is halfway reached.

-Abraham Lincoln

A successful student must learn to be proactive. Rather than waiting for things to happen and reacting, proactive persons make things happen. They identify what they want to accomplish and they do it!

What do YOU want to accomplish? Are you going through the motions or do you have an ultimate destination in sight? Assuming you have a destination in sight, how are you going to get there?

Goals are the vehicle which successful persons use to reach their ultimate destination. Goal setting provides direction, purpose, and motivation.

SMART Goals:

A useful way of making goals more powerful is to use the SMART mnemonic. SMART stands for:

- **S** Specific
- **M** Measurable
- **A** Attainable
- **R** Relevant
- **T** Time-bound

For example, instead of having “Go to class” as a goal, it is more powerful to say “Go to all my classes this semester”. See the difference? Rather than “Study Hard”, a goal may be “Always re-copy my class notes within 24 hours of my last class”. This makes your goal more specific, measureable, and time-bound. It is also realistically attainable and relevant to a bigger, long term goal of graduating with a GPA of 3.0 or above.

Goals are set on a number of different levels: First you create your "big picture" of what you want to do with your life, and what large-scale goals you want to achieve. Second, you break these down into the smaller and smaller targets that you must hit so that you reach your lifetime goals. Finally, once you have your plan, you start working to achieve it.

Take a look at the example of how to set both long term and short term goals. Next, write down some of your long term goals on the specified lines. After you have established your long term goals, use the attached worksheet to map out the short term goals you need to achieve in order to be successful!

Remember... When you have achieved a goal, take the time to enjoy the satisfaction of having done so! Absorb the implications of the goal achievement, and observe the progress you have made towards other goals. If the goal was a significant one, reward yourself appropriately. All of this helps you build the self-confidence you deserve.

Example:

Long Term Goal #1: Earn a B in World History

Obstacles:

- My dorm is too noisy to study
- Lots of reading is required
- I procrastinate

Resources:

- Classmates who study regularly
- Free tutoring in the Learning Center
- Friendly professor

Benefits:

- Better prepared for World History II
- Helps GPA

Short Term Goals:

1. Go to library with classmates immediately after each class to study for an hour
2. Read assignments for upcoming week by Monday night or no *Monday Night Football*
3. Meet with professor (during office hours) a week before each exam to discuss preparation
4. Meet with history tutor in Learning Center once a week



List your LONG TERM goals here:

1. _____
2. _____
3. _____
4. _____

Now that you've identified your long term goals, do the following for each goal:

Make a brief list of the obstacles that will make it difficult to achieve this goal

Make a brief list of the resources available to help you achieve this goal

Make a brief list of the beneficial results of achieving this goal

With your obstacles, resources, and benefits identified, you are prepared to identify the necessary short term goals to help you reach your long term goal. Again, you will want to make sure that these goals are measureable and realistic.

The most important thing about goals is having one.

-Geoffry Abert

Some material taken from: <http://www.mindtools.com/page6.html>

Short and Long Term Goals Worksheet

Long Term Goal #1: _____

Obstacles:

Resources:

Benefits:

Short Term Goals:

1. _____

2. _____

3. _____

Long Term Goal #2: _____

Obstacles:

Resources:

Benefits:

Short Term Goals:

1. _____

2. _____

3. _____

Long Term Goal #3: _____

Obstacles:

Resources:

Benefits:

Short Term Goals:

1. _____

2. _____

3. _____