

# Goal Setting

Goals are crucial to a college student's success. They create motivation and cause you to have a plan for overcoming obstacles. The source of your motivation may be intrinsic (the activity is its own reward) or extrinsic (the incentive is the reward) and your goals may be short-term (within a day to a few months) or long-term (one-semester to a year). All your goals should be SMART!

**SPECIFIC** – clear, simple, precise

**MEASUREABLE** – must be able to measure progress toward goal

**ACTION-ORIENTED** – actions must align with your end goal

**REALISTIC** – must be realistic and reasonable

**TIME-BASED** – must have a completion date with deadlines leading up to the goal

| Weak Goal                        | Strong Goal  | Excellent Goal  |
|----------------------------------|--|---|
| Do Math Homework                 | Complete problems 1-25 on page 163                         | Complete problems 1-25 on page 163. Take the practice test at the end of the chapter. Ask tutor to assist in reviewing problems I am unclear on.                                      |
| Read Psychology                  | Read Chapter 4 in Psychology                               | Read Chapter 4 pages 201-260. Write a summary of the main topics from the chapter. Create a list of questions I was not clear about to discuss with my professor during office hours. |
| Write paper for American Studies | Review text for assignment and brainstorm thesis statement | Review text and jot down examples to use to support my ideas and thesis. Cross reference my examples with class discussion notes. Make a Writing Center appointment.                  |
| Study for Spanish exam           | Review chapters 5-9 for Spanish exam.                      | Review chapter 7 on irregular verbs. Make a list of irregular verbs and conjugate them.   |

Adapted from the "Setting Goals" handout created by Dr. Lauri Hazard at Bryant University

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Establish several short and long-term goals. Remember, goals must be SMART!

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Goal 3: \_\_\_\_\_

For each goal, list the action (specific, concrete) steps you will take to reach your goal and set a target date.

## Action Steps for Goal 1

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Target Date for Goal 1: \_\_\_\_\_

## Action Steps for Goal 2

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Target Date for Goal 2: \_\_\_\_\_

Reflect on what accomplishing your goal will mean to you and how your life will change as a result of achieving this goal.