Goal Setting

Go for and get what you want

My goal is to show everyone that they, too, can do what they love to do.

--Jason Mraz

It’s easy to focus on the details of everyday life and lose sight of larger, long-term goals. Setting goals allows you to take charge of your life as a student by providing direction, purpose, and passion.

What is a goal? You can have short-term targets (i.e., goals for the week or semester, such as completing a response paper by 5:00 p.m. on Friday or increasing your confidence in Math by the end of the course) or long-term goals (i.e., to become a corporate event planner; to graduate from college with honors and apply to graduate school in your major). Webster’s dictionary defines a goal as an “objective: the purpose towards which an endeavor is directed.” Research tells us that setting several short-term goals will help you to reach your long-term goals because they can motivate you and allow you to judge your progress.

How do you set goals? You are more likely to reach goals that are important to you, challenging yet attainable, & that you write down and share with others. Setting SMART goals can help motivate you to achieve success:

- **SPECIFIC AND ACTION-ORIENTED** State exactly what you want to achieve. Describe your goals using action verbs, and outline the exact steps you will take to accomplish your goal. (e.g., Understand the concept of regression in Statistics and be able to use my understanding to do my homework; Read, rewrite notes, and do practice problems in Chapter 8.)

- **MEASURABLE** Establish clear definitions to help you know if you’re reaching (or have reached) your goal. (e.g., Complete the regression homework without looking at my notes; Achieve a B or higher on the upcoming exam.)

- **ACHIEVABLE** Be sure that, realistically, you have the time and resources to meet this goal. (e.g. I will do the homework in my free time after work Tues.)

- **RELEVANT** Pursue achievements that you care about. Can you state why the goals matter to you? (e.g., doing well in French will help me to have fantastic traveling experiences and create more options for my career; Doing well in Statistics will help me to develop necessary problem-solving skills.)

- **TIME-BOUND** Decide exactly when you’ll start and finish your goal. (e.g., I will start on Tuesday night and finish by 11pm so I can watch Family Guy as a reward.)

References:

http://www.brainyquote.com
<table>
<thead>
<tr>
<th>Long-Term Goal:</th>
</tr>
</thead>
<tbody>
<tr>
<td>______________</td>
</tr>
<tr>
<td>______________</td>
</tr>
<tr>
<td>______________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Short-Term Goals:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ______________</td>
</tr>
<tr>
<td>________________</td>
</tr>
<tr>
<td>2. ______________</td>
</tr>
<tr>
<td>________________</td>
</tr>
<tr>
<td>3. ______________</td>
</tr>
<tr>
<td>________________</td>
</tr>
</tbody>
</table>

I will begin going for my goal by doing:

(Month/day/year)

(Action)

I will complete my long-term goal when I have:

(Month/day/year)

(Action)

I will share my goal with:

(Name)

---

**LAYING OUT LONG-TERM GOALS: A WORKSHEET WIZARD**

1. **My long-term goal is:** (Remember, SMART!)

   ____________________________________________________________

2. **I want to achieve this goal because it is meaningful to me in these ways:**

   ____________________________________________________________

3. **Some short-term goals that will help me to reach this long-term goal are:**

   ____________________________________________________________

4. If a stranger were to read my goal statement (#1 above), he/she would know exactly what I am trying to achieve (Circle YES or NO. Reword statement if the answer is “no”):

   __________________________________________________________________

5. **My goal will require me to have the following skills, abilities, and/or resources:**

   ____________________________________________________________

6. **I know my goal is realistic because I have the skills, abilities, and/or resources listed in #5 above (reassess your goal if you don’t have items listed in #5):**

   ____________________________________________________________

7. **I will know when I have achieved my goal because I will have:**

   ____________________________________________________________

8. **What are some obstacles to reaching my goal? What are the benefits and rewards?**

   ____________________________________________________________