Effective Goal Setting

Goal setting is an essential part of planning for your future. Simply defined, goals are the things that people hope to achieve through effort and ambition. A goal could be anything from passing all your classes with grades above a B- to never missing a single class. Setting goals helps you to achieve the success in your education in easy to manage steps. In this exercise, we are going to think about your goals and break them down into smaller actions.
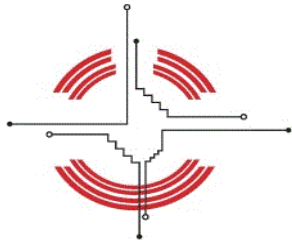
First, write down four goals:

1.	2.
3.	4.

These goals can be long term or short term. Be sure to check if your goals are SMART = S (specific), M (manageable), A (action-oriented), R (relevant), T (time bound).*

Next, pick one goal from above and break it down into smaller steps – your steps have to be measurable and attainable.

My goal:

Action/Step	Time Needed	Deadline

After we've expanded upon one of our goals, we need to think about our resources. What are the resources available to help you achieve your goal?

What obstacles might get in the way?	What will you do to overcome these obstacles?

Finally, we need to reflect on how we'll know that we've achieved our goal. What will it look like to achieve this goal? How will you know that you've done it?