

# GO FOR IT!

## MOTIVATION AND GOAL SETTING



“If you don’t know where you are going, you’ll end up someplace else.” -Yogi Berra

College can be overwhelming. There is the newfound freedom, the new friends, the assignments that are all due at the same time, and the list goes on and on. By now you probably are realizing that college is not “High School Part Two.” College is an experience all on its own!

There are several reasons for going to college. The majority of students enrolled are preparing themselves for a career. Some are returning to prepare for a career change. Then there are some that do not really know why they are here. Perhaps they had pressure from family to attend or feel it is their only option. Whatever the reason you are here, *it is imperative to be clear with your goals.*

Perhaps you have heard of the famous acronym, **SMART**, for goal setting. Goals, whether large or small, should be **SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY.**

Here are examples of really **not** so smart goal setting:

**KIMBERLY:** *“I want to lose 30 pounds in a month for my sister’s wedding.”*

**NED:** *“I have to pass my Math 116 class.”*

**DAMON:** *“Maybe I should start on a portfolio or looking for a job.”*

*What is wrong with each one of the examples above?*

Kimberly’s goal is not attainable! Who loses thirty pounds in a month? Even if the goal was attainable, she could strengthen her goal by adding a date to the goal. Here is her goal revised:

***“I will lose two pounds per week by counting calories, keeping a food journal, and walking for thirty minutes five times per week and I will do this by Emily’s wedding on June 24, 2013.”***

Whoa! What a difference! Now onto Ned’s goal. Ned wants to pass his MTH 116 class. There is a lot of work to be done to this goal. Ned’s goal is not specific, measurable, or timely. How would Ned’s goal read if it were written using SMART goals?

Rewrite Ned’s goal for a little practice:

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# SEMESTER GOALS

Now it's your turn! Following the example below, write three SMART goals for the semester.

Place a check in the correct category if the goal is:

**SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY.**

ARE YOUR GOALS SMART?	S	M	A	R	T
<b>Damon's Example:</b> I will begin my job hunting portfolio by March 2013 and it will include letters of recommendation, transcripts, resume, and samples of my work.	✓	✓	✓	✓	✓
<b>GOAL 1:</b>					
<b>GOAL 2:</b>					
<b>GOAL 3:</b>					
<b>GOAL 4:</b>					

**NOTE TO SELF:** Write your goals on index cards and place them in places where you will see them (bedroom mirror, in your planner, on the refrigerator, etc.). Goals do no good if you write them and then forget about them!

## Get your priorities straight!

Don't get yourself flustered! It may seem there are an infinite amount of tasks you need to take care of and not enough time. Make it easy for yourself and break the tasks down. Write down when they are due according to the dates. You can do this on a monthly, weekly, or daily planner but, if that doesn't work for you try using a priority sheet instead. The priority sheet is a month broken down into four parts: past due, due this week, due next week and due this month. This is an easy way to organize everything you need to complete by documenting assignments, appointments, exam days or even outside activities such as going to the gym. A template has been included for you in addition to a student example.

### **PRIORITIES** Week of: SEPTEMBER 11<sup>th</sup>

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