Goals & Priorities

Student Name ____________________________  Student ID ____________________________

Why are you in school? Consider the reasons you want to be in school.

▲ Parental pressure  ▲ Want a better job  ▲ Friends are in college
▲ College is expected  ▲ Want to earn more money  ▲ Nothing better to do
▲ Want to learn  ▲ Meet new people  ▲ For the experience

What are your reasons for being in college? ____________________________________________

What are your priorities? Are other things more important than school right now?
Your priorities might include:

▲ Work / Job  ▲ Health  ▲ School doesn’t have to be #1, but when there are many competing priorities which are more important than school, it will be challenging to be successful.
▲ Family  ▲ Personal Issues  ▲
▲ Money Issues  ▲ Outside interests

My Top Three Priorities Are:

1) ____________________________________________
2) ____________________________________________
3) ____________________________________________

Goals Based on Priorities
Evaluating priorities helps more effectively plan your goals.

Make a S.M.A.R.T. Goal
For a goal to be S.M.A.R.T. it must be Specific, Measurable, Aligned/Action, Realistic, and Time-Based.

✔ Specific: Describe the goal as clearly as you can.
✔ Measurable: Quantify the desired outcome.
✔ Aligned & Action-Oriented: Make sure the goal is in line with your priorities, but it is a behavior that you can control.
✔ Realistic: Confirm that your goal is achievable within the timeframe considering other responsibilities
✔ Time-Based: Tie your goal to a specific date to monitor progress.

Write Your Goals Down
On the reverse side, list two school goals that you want to accomplish in the next 6 months. Then, write 3 steps you can take toward accomplishing each goal.
Questions:

1) What changes do I need to make to reach this goal?

2) What positive factors will help you reach your goals? (motivation, family support, interest in major, etc.)

3) What obstacles do you have to overcome to reach your goals? (working too many hours, financial aid, test anxiety, unsure about career, etc.)

Questions to ponder: How hard do I want to work to achieve this goal? How important is this goal to me and to my priorities? Is college right for me at this time?