

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 |
| ▲ Family | ▲ Personal Issues |
| ▲ Money Issues | ▲ Outside interests |

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.

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 **S**pecific, **M**easurable, **A**ligned/**A**ction, **R**ealistic, and **T**ime-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.

My Goal: _____

Action Step 1: _____

Action Step 2: _____

Action Step 3: _____

When will I accomplish these steps? _____

My Personal Reward Upon Goal Achievement: _____

(Hint: If it is hard to think of action steps, imagine yourself finishing the goal. Thinking backwards, what steps did you take to get there?)

My Goal: _____

Action Step 1: _____

Action Step 2: _____

Action Step 3: _____

When will I accomplish these steps? _____

My Personal Reward Upon Goal Achievement: _____

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?