

## 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

My Top Three Priorities Are:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

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.

### 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?