



Student Name \_\_\_\_\_ Student ID \_\_\_\_\_

## Goals & Priorities

**Why are you in college?** Consider the reasons you want to be in college. Examples:

- Parental pressure
- College is expected
- Expand your learning
- Prepare for a certain career path
- Increase earning potential
- Connect with new people
- Friends are in college
- Unsure what else to do
- Gain experience

What are your reasons for being in college?

**What are your priorities?** What are you balancing while in college?

Outside of school, your priorities might include:

- ▲ Work / Job
- ▲ Family
- ▲ Financial Considerations
- ▲ Health
- ▲ Personal Matters
- ▲ Outside Interests

*School doesn't have to be #1, but when there are many competing priorities coming before 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 **Specific**, **Measurable**, **Aligned/Action-Oriented**, **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 college 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:** \_\_\_\_\_

*Tip: 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 you need to make to reach these goals?

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 for reflection:** 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?