GO FOR IT!

MOTIVATION AND GOAL SETTING

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College can be overwhelming. There is the newfound freedom, the new friends, the assignments that are

know why they are here *e* haps they had pressure from family to attend or feel it is their only option. Whatever the reason you are here imperative to be clear with your goals.

Perhaps you have heard of the famous acrosoma, for goal setting. Goals, whether largesonall, should be SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, and TIMELY.

Hereareexamples of reall <u>not</u> so smart goal setting:	
KIMBERLY:	ÒI want to lose30 pounds in a month for my sisterÕs wedding.Ó
NED:	ÒI have to pass my Math 116 class.Ó
DAMON:	ÒMaybe I should start on a portfolio or looking for a job.Ó

What is wrong with each one of the examples above?

KimberlyÕs goal is not attainable! Who loses thirty pounds in a month? Even if the goal was attainable, she could strengthen her goal by addinate to the goal even is her goal revised:

ÒI will lose two pounds per week by counting calories, keeping a food journal, and walkinthifty minutesfive times per week and I will do this by EmilyÕs wedding on June 24, 2013.Ó

Rewrite NedÕs goal forlittle practice:

SEMESTER GOALS

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

Get your priorities straight!

