

Challenge yourself to develop:

3 goals for this semester

3 goals to accomplish before you graduate

3 goals for life after graduation

Setting SMART goals will help you succeed.

SMART goals are: specific, measurable, attainable, relevant, and time-bound.



Specific goals will help you focus your efforts. For example, a non-specific goal is “I will do better academically.” A specific goal is “I will improve my writing skills by going to the Writing Center.”

Measurable goals include clear criteria to measure your progress. For example, a measurable goal may be to “Attend a study group every Tuesday night for the next five weeks.”

It is critical for your goals to be attainable. Before setting a goal to run a marathon, you may want to set a goal to run five miles. If you set goals which feel too far out of reach, it may be difficult for you to commit to the goal in the long term.

Relevant goals are realistic but will still push you to grow. Such goals are challenging but not overwhelming. For example, an unrealistic goal would be to never eat sweets again. A realistic goal is to eat dessert only one day per week.

Being time-bound means that you set a set frame for your goal. Your goal is for the next day, week, year, or five years.

Avoid these common goal setting mistakes:

