


Academic Goal Setting

To set realistic and attainable goals, see Adriana Ghan, Instructional Support Student Navigator 992-6040, AGhan@clark.edu

Academic Goals	<p>Short-Term: _____</p> <p>Long-Term: _____</p>
Career Goals	<p>Short-Term: _____</p> <p>Long-Term: _____</p>
Life Goals	<p>Short-Term: _____</p> <p>Long-Term: _____</p>
	<p>Put a Star next to the goal you want to work on first</p> <ul style="list-style-type: none"> ➤ Create a list of what needs to be done to accomplish this goal:

Now, take your goal and break it down to make it SMART:

Specific- Keep your goal simple and specific. Goals that are vague are difficult to accomplish.

Measurable- How will you know you have achieved your goal? How often/how much will you do?

Aggressive (Challenging) - Does this goal challenge you enough? Goals that make you stretch are more intrinsically motivating.

Realistic- Is this goal achievable given the amount of time, energy and commitment you will make toward its' accomplishment? Goals that seem unreachable can lessen your motivation.

Time bound-Do you have a start date and an end date? Tasks will expand to fit the time you have to do them. Setting a starting and ending date allows you to take manageable steps along the way. Deadlines are motivators and can help you avoid procrastination.

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