

Goal Setting

The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.
- Denis Watley (author)

Long-term goals – five to ten years or more

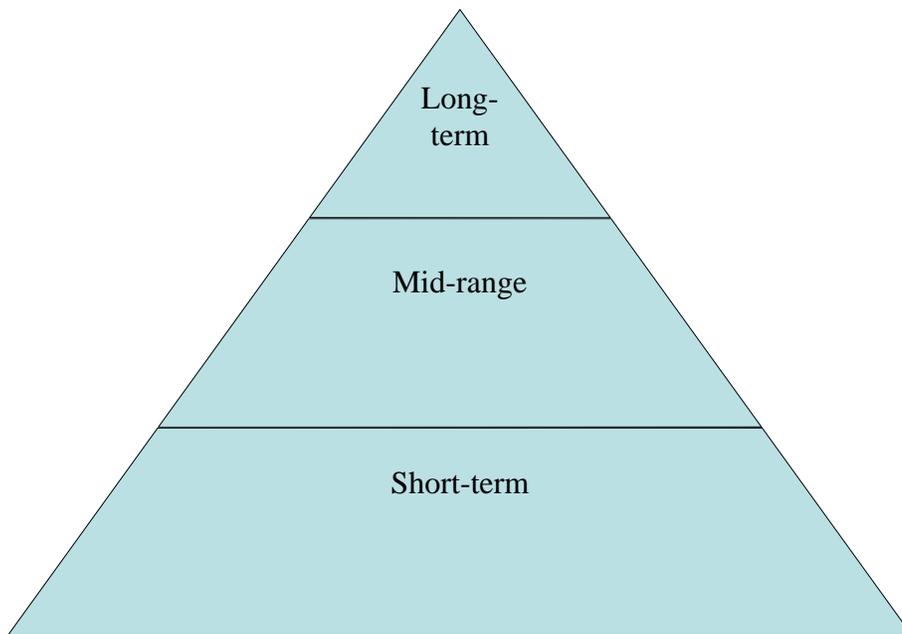
Mid-range goals – three to five years

Short-term goals – one-year or less

Characteristics of attainable goals:

- Write goals down using positive statements
- Be precise
- Set priorities
- Set realistic goals
- Make sure that they are measurable
- Set a time frame for achieving your goal
- Do not set them too low

Where will you be five years from now? Ten years from now? Write down your long-term goals. To achieve your long-term goals you will need a solid foundation from your short and medium-range goals. A pyramid is a good analogy when thinking of the different levels of goal setting.



Once you have achieved your short-term goals, your medium-range goals will follow more easily. Your short and medium-range goals will need to be updated with new ones each semester or year.

Examples of goal categories:

Example #1

- Family & Home
- Spiritual & Ethical
- Social & Cultural
- Financial & Career
- Physical & Health
- Mental & Educational

Example #2

- Artistic
- Attitude
- Career
- Education
- Family
- Financial
- Physical
- Social
- Public Service

Revisit your goals periodically to make sure that you are staying on track. Change your goals if they are not working for you. Recognize any obstacles that might present themselves and either avoid or eliminate them.

Examples of short-term goals:

- Keep up with reading assignments
- Form a study group for my classes
- Develop productive study habits
- Explore study abroad options

Examples of mid-range goals:

- Graduate with a 3.4 GPA
- Summer internship

Examples of long-term goals

- Obtain a job within my target salary range
- Purchase a new car
- Apply to graduate school

If you would like assistance with goal setting or any other learning strategies please contact the University Health Center (503-943-7134) for an appointment with a Learning Assistance counselor.