

A Goal Setting Opportunity

1. Write down a goal you set for yourself and successfully achieved.

2. How did it make you feel?

3. Why do you think you were successful?

4. As summer approaches and you look forward to some time off from classes, what goal or goals will you set for yourself to move you closer to your dream job? Your task now is to decide on a goal for you and one you can achieve in the next 3 months. To begin, write down 3 ideas of things you would like to accomplish:

- _____
- _____
- _____

5. Select one of your ideas and write it down as a goal.

6. Make your goal SMART: Fill in the chart to show how it meets the SMART standards.

SMART	Yes/No	How?
Is it specific ?		
Is it measurable ?		
Is it attainable ?		
Is it relevant ?		
Is it time bound ?		

7. Share your goal with another participant. Do they agree that it is SMART?
8. Consider what obstacles you might encounter as you work toward accomplishing your goal. Identify 3 problems, challenges, or obstacles that could keep you from reaching this goal. Consider how you would deal with each one.

- _____
- _____
- _____

Visit your Campus Career Center for support and direction in finding your dream job!