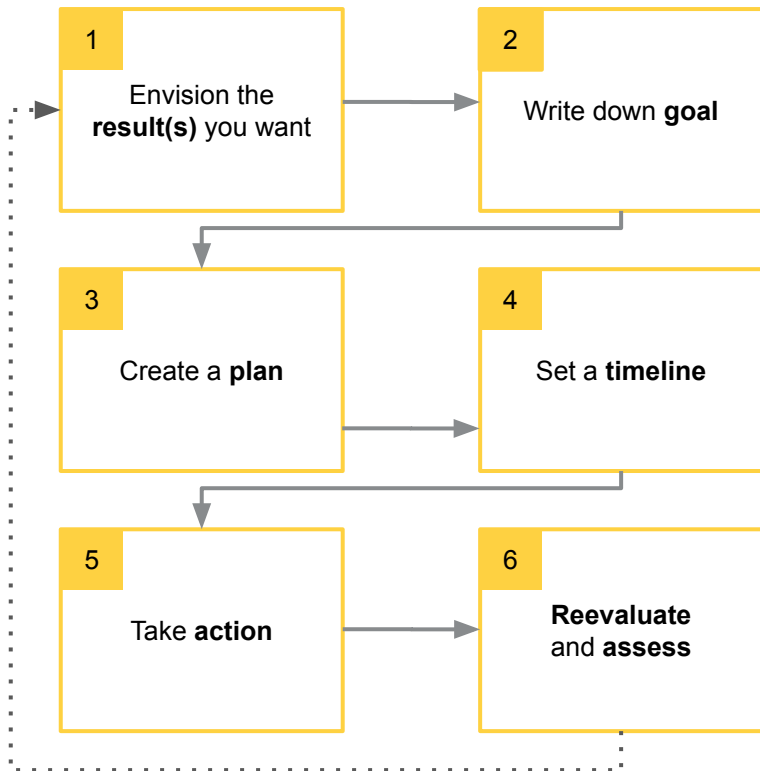


GOAL SETTING



Are your goals **S.M.A.R.T.**?

Specific, Measurable, Achievable, Relevant, Time-bound

- 1 Focus your vision for the future to determine if the goal is **relevant** to pursue.
- 2 **Specific** goals are **measurable** and identify the results you hope to achieve.
- 3 What actions and resources will help you achieve your goal?
- 4 Make your goal **time-bound** with **achievable** deadlines to assess progress.
- 5 Follow through with your plan! Prioritize, make a list, and set reminders.
- 6 Analyze the result(s) of your actions. Is your original goal still **relevant**?

Reminders

- Use [You Are Supported](#) worksheet to help you create a plan for improvement.
- Whether you are struggling or motivated to challenge yourself further, take advantage of services offered by [Learning Resources](#) (academic coaching, workshops, etc).