

My College Goal

Begin with the end in mind - Graduation!
Take aim at the target - Set Goals
Map the destination - Take Action

You need to know where you're going before you determine how to get there. Discover what you want, what you like to do. Write your goal and commit to it.

Your unique goal will be your guide as you transition through your courses at Pellissippi.

Reflect on these questions to get a clear picture of the goal you want to achieve.

Why are you here?

I am here to..... *Check as many that apply*

- Obtain an associates degree and get a job
- Obtain an associates degree and transfer to a four-year college or university
- Transfer to a four-year college or university without an Associates Degree
- Complete a certificate program and get a job
- Improve job-related skills
- I don't know yet and I am exploring my options

What do you want?

Visualize ~ Write ~ Draw a Picture ~Voice Record

What do you like to do?

What *don't* you like to do?

What are some things you do for which you receive compliments?

What are you passionate about?

What are you good at doing? Without being modest, what do you value about yourself, your greatest strengths?

If you had 3 wishes for a job, what would they be?

MAP YOUR DESTINATION

Picture your Goal – draw a picture of . . .

Where you see yourself in 5+ years (long-term)

Where you see yourself in 3 years (mid-term) as it relates to the above picture.

Where you see yourself in now to 1 year (short-term)
What are you doing to make your first and second picture happen?

Putting words to your **SMART** Goal

SMART stands for the five components of a goal: **S**pecific, **M**easurable, **A**ction-Oriented, **R**ealistic, and **T**ime-Certain.

The act of thinking carefully about what you want to achieve and determining a clear course of action will give you a better understanding of what your goals are and how you can achieve them. Set short, medium and long-range goals each using the SMART GOALS principle.

SPECIFIC: Specific goals are goals that state exactly **what** you want to achieve.

MEASURABLE. Establish clear measurements to score your progress and help you know if you're reaching (or have reached) your goal. If you're confused about how to measure your goal, you'll be less likely to achieve it.

ACTION-ORIENTED. This is the **how** part of goal setting. Describe your goals using action verbs, and outline the exact steps you will take to accomplish your goal. This is your plan of action to get what you want.

REALISTIC. Can you do this in the time given? Give yourself the opportunity to succeed by setting goals you'll be able to accomplish. Strive to reach a good middle-ground: goals set too high could discourage you, but goals set too low will fail to challenge and motivate you.

TIME-LINE. When will you know that you're finished? Decide exactly **when** you'll start and finish your action items and goal. Knowing exactly how long you have to reach your goal is an excellent way to stay motivated and focused.

Sample Goals

Long-term goal: To get a job at HGTV making \$30,000 a year.

Mid-range goal: To graduate with a 3.5 GPA in two years with a degree in video production.

Short-range goal: Earn A's on all my video production projects.

Sample Action Plan:

What	When
a) Spend 5 hours a week in the video production lab first semester.	Week 2-14
b) Find a good study buddy	By end of 2 nd week
c) Talk to my instructor and find someone at HGTV and interview them about what they like about their job.	By end of 6 th week
d) Make an appointment with an advisor to develop my two-year plan for classes.	By Oct. 24

My Smart Goal

Date:

Long-term

Mid-range

Short-range

My Action Plan

What	When

Additional Reflections - Go the extra step!

I want my goal because...

Who will support me to get my goal?

What will support me to get my goal?

What might get in my way of getting what I want? What barriers, challenges might become obstacles in reaching my goal?

How will I step through these challenges?

.....

I commit to completing my action plan and goals on (date) _____. I realize I may need to course correct sometimes. I will recommit when I get off course, because I matter and my goals matter. I am willing to go the distance to accomplish my goals.

My Signature