Set & Reach Your Goals

Why do we need to set goals?

- To create motivation for ourselves
- To have a plan for overcoming obstacles
- To know what it will take to achieve our goals

What motivates you?

- External Motivators - motivation to perform an activity to earn a reward or avoid a punishment
- Internal Motivators - motivation to perform an activity for its own sake or personal satisfaction
- Positive Motivators - motivation to perform an activity to earn a reward
- Negative Motivators - motivation to perform an activity to avoid a punishment

*Moving closer to positive/internal motivators can create a stronger connection to your goal leading to chances of greater success versus negative/external motivators.*

Positive Motivator

"Turn in your homework on time and receive 10 extra credit points"

"I love this topic and can't wait to do my homework and get it turned in on time"

Negative Motivator

"If you don't turn in your homework on time, you'll automatically fail the class"

"I really don't want to do my homework and don't care if it gets turned in on time or not"
SMART GOAL SETTING

Specific:
• Answer the 5 W's

Measurable:
• Determine a way to measure each part of your goal
• How? How much?

Example: I need to increase my grades in math and biology from C's to B's. I must improve my math homework grades and biology exam scores.

Attainable:
• Are just right
• Not too easy nor too hard

Example: Last semester I achieved a 3.3 GPA. My coursework will look similar this semester. With my stronger study skills and time management techniques, I can achieve a 3.5 GPA.

Realistic:
• Do you have what you need to reach your goal?
• Do you have access to the appropriate resources?

Example: Math is challenging, but I have some great tools and resources to use! I can use the Math Science Learning Center, and I have an Academic Success Coach.

Timely:
• When is my goal completion date?
• Do I need to set-up periodic check-ins to see if I am on track?
• Are there important deadlines or dates leading up to my goal completion date?

Example: I will track my grades and recalculate every two weeks to make sure the steps in my plan will help me reach my goal. I will mark all exam and project dates on my monthly calendar so I can plan well in advance.

SMART Plan – Try it out Yourself:
• What things do you need to do to reach your goals and aspirations?
• When will you do these things?
• Check out the example to the right and try to create your own plan!

Example: I will achieve a GPA of 3.5 in the Spring 2019 semester at UNO because I’m passionate about studying political science in undergraduate school.