What motivates you?

External Motivators
- Homework Deadlines
- Parents/Guardians
- Instructors
- Organizations
- Employers
- Money

Internal Motivators
- Self-satisfaction
- Personal Interest in subject
- Personal interest in job
- GRADUATION!

Moving closer to internal motivators can create a stronger connection to your goal versus external motivators.

“The greater danger for most of us lies not in setting our aim too high and failing short; but in setting our aim too low, and achieving our mark.”

- Michelangelo

Set & Reach Your Goals

The University of Nebraska at Omaha does not discriminate based on gender, age, disability, race, color, religion, marital status, veteran’s status, national or ethnic origin, genetic information, political affiliation or sexual orientation.

Information adapted from UNL First-Year Experience & Transition Programs
Creating SMART Goals

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

**Measurable:**
- Determine a way to measure each part of your goal.
- How? How much?

**Ex:** 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:**
- Goal is “just right”
- Not too easy
- Not too hard

**Ex:** 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?

**Ex:** 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?

**Ex:** I will track my grades and recalculate every 2 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.

**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

**Creating SMART Goals**

**Specific**
- Measurable
- Attainable
- Realistic
- Timely

**Ex:** I will achieve a GPA of 3.5 in Spring 2015 semester at UNO because I’m passionate about studying literature in graduate school.

**SMART Technology**

Joe’s Goals: website to make goals and log your progress.

http://www.joesgoals.com

SMART Plan- Make one!

1. What things do you need to do to reach your goal?
2. When will you do those things? (Keeping SMART principles in mind)