

Exercise 5 - Goal-Setting for the First-Time College Student

Setting goals is a process of identifying and defining the aims, achievements and values you wish to fulfill. By making goals concrete and specific you solidify your commitment and ownership of those aspirations. Ask yourself if your goals are consistent with your personal characteristics, abilities, and level of determination.

Sometimes putting pen to paper clarifies our thoughts of what we would like to achieve. This exercise is designed to help you with goal setting as a first time college student, but it may also be helpful at other times in your life!

My long range goals to complete in the next 2-3 years are:

1. _____
2. _____
3. _____

Steps I need to take to achieve these (long-range) goals are:

1. _____
2. _____
3. _____

My (mid-range) goals to complete in the next 1 year are:

1. _____
2. _____
3. _____

Steps I need to take to achieve these (mid-range) goals are:

1. _____
2. _____
3. _____

My (short-range) goals to complete by the first day of semester are:

1. _____
2. _____
3. _____

Steps I need to take to achieve these (short-range) goals are:

1. _____
2. _____
3. _____

My (immediate) goals for the next month are:

1. _____
2. _____
3. _____

Steps I need to take to achieve these (immediate) goals are:

1. _____
2. _____
3. _____

SOURCE: <http://www.isu.edu/enroll/advice/goals.shtml>

