

"If you don't have a dream, how are you going to make a dream come true?" - Walt Disney

Goal- Setting – The Way to You're your Hopes and Dreams

- 1) You are in college so what are your goals, your dreams? Where are you headed? It has been said that "if you don't know where you are going any place will do." There is a direct connection between your education and goals. The education you are pursuing can help you achieve your goals. The key is knowing what you want and where you want to go. With "SMART" goals you will be able to see education and goal achievement. This will increase your motivation to achieve and move forward.
- 2) According to Raymond Gerson, *Achieve College Success (2009)*, some of the benefits of goal setting are:
 - a) Gives you direction and purpose
 - b) Helps you stay motivated
 - c) Provides a way to measure your progress
 - d) Increases self-responsibility
 - e) Helps you determine actions needed to support your goals
 - f) Makes your priorities clear
 - g) Gives you a roadmap for your planning
 - h) Gives you a guide for decision-making
- 3) Ask yourself these questions:
 - a) What are my dreams?
 - b) What are my values?
 - b) What do I want to accomplish?
 - c) How am I going to get there?
 - d) Are my actions supporting my values and helping me get what I want?
- 4) Goals represent your dreams for every aspect of your life (career, family, spiritual, finances, social, physical)? When you decide what it is you want in each of those areas you are on your way to developing a plan to achieve those goals.
- 5) If you have set goals, are your actions supporting your goal achievement? If not, you can make adjustments. Albert Einstein said "continually doing the same things and expecting different results is insanity." If you find yourself spending more time on My Space than studying perhaps you need to spend more time studying and less on My Space.
- 6) A big long-term goal such as a Masters Degree in Business Administration (MBA) it can seem too big but you can break it into small steps or objectives:
 - a) Short-term objectives (1 year or less) - Doing your best this semester

- b) Mid-term objectives (1-5 years) – Obtaining an Associate Degree.
- c) Long term objectives (over 5 years) - MBA

Gerson, Raymond, “Achieving College Success”, 2009.

- 7) *When you are setting SMART goals make sure your goals are:*
 - a) **Specific – Is it a goal that is very specific and not vague or incomplete?**
 - b) **Measurable - How will you measure progress?/set objectives?**
 - c) **Attainable – Given your skills, abilities, and interests is it a goal that is attainable?**
 - d) **Realistic – Is it a goal that you can make a reality?**
 - e) **Time – Great goals/objectives have a specific date**
- 8) Set one goal for the different categories (career, spiritual, social, family, social, and physical) and the objectives to accomplish each one. Make sure they are SMART goals. Put them in writing and look at them routinely.

Be imaginative and set big goals!!

***You can't depend on your eyes when your imagination is out of focus."* Mark Twain**