

# Goal Setting

Study Skills Workshop  
Academic Support Center  
NMSU-A

# Agenda

- Goal freewriting
- Long-term, mid-term and short-term goals
- Six areas of life
- Writing your goals
- Discovery
- Personal plan
- Survey Completion



# Goal Freewriting



“Goals are dreams with deadlines”

“Success is not final, failure is not fatal:  
it is the courage to continue that counts.”

# Long-term, Mid-term and Short-term Goals

- Dividing goals into long, mid and short term goals is one way to divide major life goals to make them more manageable.
- Long-term goals: 5, 10, 20 years or more. Think of these as what you want to accomplish in your life.
- Mid-term goals: 2 – 5 year goals that support your long-term goals
- Short-term goals: These goals take a year or less and are tied into specific achievements

# Goal Setting in 7 Steps

- Goals need to be what you really want (not what others want for you)
- Make sure your goals do not contradict each other
- Establish goals in each area of your life
- Goals should be positive (not negative)
- Be detailed in expressing your goals
- Set high, but realistic, goals
- Write out your goals

# Six Areas of Life for Goal Setting



**Family and Home**



**Financial and Career**

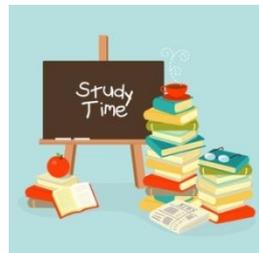


**Spiritual and Ethical**



**Physical and Health**

**Social and Cultural**



**Mental and Educational**

# Writing your goals

- Goals should be specific, measurable and actionable

## Examples

- Specific: To graduate with a bachelor's degree by June, 2013.
- This goal can be measured at each stage, through reviewing degree plans, attending classes, etc.
- This goal is actionable because it can be easily broken down into mid-term and short-term goals

# Reflecting on your goals

Each week, take a few minutes to reflect on your goals. Use the following to guide your reflection:

- Check in with your feelings
- Check for alignment
- Check for obstacles
- Check for immediate steps

# Personal Plan

Your workshop facilitator will hand out a goal planning worksheet. Take a few minutes to begin to fill this out. Make a commitment to review your goals each week. Make use of your goals to set out your daily tasks.

Most importantly, celebrate your successes!!!



# Goal Setting Workshop

Thank you for attending our student success workshop. Please take a few moments to fill out the survey and return it to your facilitator before you leave.

For more information on study skill topics, please visit the  
Academic Support Center

(Building



for Student Success)