

## Goal Setting for the First-Time College Student

### Introduction

Answer as profoundly and honestly as you can.

To help focus your answers, think of at least 3 categories of life goal:

1. Relationships with other people (family, friends, work relationships)
2. Work or career goals
3. Other personal achievement activity goals (hobbies, travel, athletics, etc.)

Before beginning, stop now and visualize what your life would be like if it were perfect.

*Directions* (Give each student six 3 x 5 index cards and ask them to number them 1-6.)

Part 1: One minute

Card 1: How do you want to spend the rest of your life? Make a list of activities and goals for the rest of your life.

Part 2: One minute

Card 2: What do you want to do the next 5 to 10 years? Again, list activities and goals.

Part 3: One minute

Card 3: If you had six months to live, how would you spend it? List activities and goals.

Part 4: One minute

Go over the first three cards and add or delete any item that has come to mind since the beginning of the exercise.

Part 5: One minute

Card 4, Number 1: Select the goal or activity from card one that you most desire to achieve and write it here.

Part 6: One minute

Card 4, Number 2: Select the goal or activity from card two that you most desire to achieve and write it here.

Part 7: One minute

Card 4, Number 3: Select the goal or activity from card three that you most desire to achieve and write it here.

Part 8: Three minutes

Card 5: Write as many things that you could do in the next 7 days to further goals on card 4. Do not evaluate feasibility; brainstorm anything you can do or begin in the next week and write it on card 5.

Part 9: One minute

Scratch out any item on card 5 that you don't actually think you can do or don't intend to do.

Part 10: One minute

Card 6: Choose 3 items from card 5 that you will do in the next 7 days and write them on this card.

## 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>