**Student’s Name: \_Patrick Ignaut\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (w#\_211197397\_\_) Date: \_09/27/2023\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Professor’s Name: \_Musgrove\_\_\_\_\_\_**

**Goal Setting Worksheet**

Create one **academic** **SMART**goal and one additional **SMART** goal for **one** of the following 3 areas: career, personal, orfinancial.

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|  | **S** | **M** | **A** | **R** | **T** |
| **Type of Goal** | **Specific goal** | **3-5 measurable steps** | **Why can I attain the goal?** | **How is this relevant to me?** | **What time frame do I desire? What potential difficulties will arise, and how will I deal with them to stay on track?** |
| **Academic Goal** (mandatory) | My academic goal for the fall semester is to complete my required classes of EDUC 1300, ENGL 1301, COSC 1436, to maintain my current path of graduation in the Spring Term of 2025 with an associate’s of science in computer. | 1. I will track my grade outlook from the grades panel of my individual courses, average the completed assignments, and ensure a minimum grade of 85%. 2. I will convene with my academic advisor to affirm that the classes I am taking match the prerequisites of future classes. 3. Free tutoring offered by HCC will be utilized for any of my active classes with a grade below 85% at least twice per week. | I can attain this goal because I understand it’s necessity and that this goal is, at most, a basic requirement to meet the standards set by myself and the portion of my career goal where I pursue my Bachelor’s of Science in Computer Science. | It's relevancy is absolute. I know full well that, at a minimum, a degree in computer science is required for a career in software development. It is also relevant to my mental health of needing accomplishment to offset my perceptions of incompetency and my need to prove myself to those around me. | **Time frame:**  **Two years.**  **Problems:**  **If I fail, drop, fail to complete, or have financial issues during this goal, it could set back my date of completion, or delay it indefinitely depending on severity. I have already had to drop one of my classes due to an error.**  **Solutions: Taking classes during breaks. Making a budget. Planning around classes to avoid dropping, failing, or failing to complete any of them.** |
| **Goal**  (choose one from the following 3 areas: career, personal, or financial) | Personal: I want to reach a state where I feel my mental health is no longer in question to myself or others. This is somewhat difficult to quantify, but it has become more important to me as I become aware of just how susceptible I am to unresolved issues in my life. | 1. Utilize on campus resources such as HCC Mental Health support for dealing with the stress of college and my situation surrounding it. 2. Schedule time around my academic responsibilities for familial and social development. 3. Seek lifestyle changes alleviate financial and mental strains as outlined in the chapter three notes. | I can attain this goal because of the benefits offered to me by the institution that I attend, my family that has decided to remain close by, family friends who offer support to me in my time of need, and my own determination to ensure that my desire to return these favors are met. | Proper mental health is relevant to all aspects of life, whether it be at home, in the classroom, at work, or any social setting associated with any of the above. I believe have achieved the first and second tier of Maslow’s hierarchy of needs and this would be a logical need to solve as well. | **Time frame:**  **Two years. As dealing with academic as well as daily life is the main stressor in my life.**  **Problems:**  **Should my problems compound into something that is either too large to handle or stay separate but arise too frequently for me to rest and prepare for the next, I may have another mental episode that will complicate matters.**  **Solutions:**  **Some of the daily tasks that don’t specifically need me to tend to can be delegated to individuals that live with me to avoid overpressure.** |