**Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (w#\_\_\_\_\_\_\_\_\_\_\_\_) Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Professor’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Goal Setting Worksheet**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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) |  |  |  |  | **Time frame:**  **Problems:**  **Solutions:** |
| **Goal**  (choose one from the following 3 areas: career, personal, or financial) |  |  |  |  | **Time frame:**  **Problems:**  **Solutions:** |