



# Setting goals for 2025: A guide for postgraduates

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**As postgraduates at the University of Birmingham, we know how quickly time can pass. With just one or two years to finish our studies, every moment counts. Now that 2025 is officially here, it's the perfect time to think about where we want to be by the end of it.**

I'll walk you through how to break down your goals into actionable steps. Let's set ourselves up for a productive year!



## Start with a Vision Board

The first step in setting goals is creating a vision of what you want to achieve. A vision board is a fantastic way to visualise your aspirations and keep them in focus. You might want to include academic milestones (like completing a research project or acing an exam), career goals (like landing an internship or networking with industry professionals), or personal dreams (like exploring more of Birmingham).

## Break It Down: The Power of Smaller Milestones

Now that you've created your vision board, it's time to turn those broad goals into concrete, actionable steps. Breaking down your big goals into smaller milestones is one of the most effective ways to stay on track. Instead of just saying "complete my thesis," break it down into smaller tasks

like research, drafting, and editing. These mini-goals will give you a sense of progress achievement.

# Balance Academic, Career, and Personal Growth

While focusing on academics is important, it's important not to lose sight of other areas of life.

**Career Development:** This is an excellent time to start building your career portfolio. Think about what skills you want to develop. Birmingham offers excellent career services, including job fairs, virtual interviews, and networking events that can connect you to potential employers. You may also want to reach out to alumni through LinkedIn to learn about their postgrad experiences and gain career advice.

**Personal Growth:** Engaging in activities like sports clubs, Guild of Students events, or simply exploring the city's parks and museums allows you to balance academic demands with personal well-being. You won't be productive academically if you're burned out, so make time for the activities that recharge you.

## Celebrate Milestones with Rewards

Postgraduate life can sometimes feel like an endless series of deadlines, so celebrating the little victories will remind you that you're making real progress.

The rewards can be as simple or extravagant as you like – treat yourself to a nice dinner at a local restaurant, or explore a new part of Birmingham you haven't visited yet. I highly recommend some places near the university such as Winterbourne House and Garden, or Cadbury World.

## Reflect on your 2024...

Before moving forward, take some time to reflect on your 2024 journey.

Take note of the skills you've developed, the people you've met, and the lessons you've learned. Maybe you discovered new research methods or grew your professional network. Whatever it is, acknowledging these achievements gives you a stronger foundation for the goals you'll set in 2025.

Good luck!



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