In relation to Chapter 1 of our textbook, I have selected a 12 month goal as instructed to analyse and break down using the SMART methodology. The goal I have in mind is quite simple, and rather obvious, but very applicable. In the next 12 months I would like to complete 5 more terms of studies at UoPeople, in other words, 16 more subjects towards my Associates degree in order to complete the degree in full.

How will I achieve this goal? And how can I apply the SMART methodology to my goal to guide me in doing so?

The first step is to ensure that my goal is specific. Having a vague goal in mind won’t help, the more detailed the goal, the better, as one can then visualize it and break it down in to manageable milestones that can realistically be achieved. And keeping this in mind, my goal is to complete and pass 16 more courses in 5 terms, which is approximately 12 months or 1 year, through UoPeople in order to complete my Associates degree. I don’t think I can make it much more specific than this.

The second step is to have a strategy to keep my goal measurable so I can keep track of my progress in achieving it and adjust my goal if need be. As I mentioned in the paragraph before, having a specific goal helps in breaking it down into milestones, this is how you can make your goal measurable. My goal can be measured quite easily as it is already time separated. In 12 months I would like to complete 5 terms at UoPeople, which gives me a timeline. And I would like to complete 16 courses in these 5 terms, which gives me an idea of how to separate my courses and how many courses I would need to complete each term. So for the first 4 terms, I would like to complete 3 courses per term. And for the 5th term, 4 courses, for a total of 16.

The third step is to determine whether my goal is achievable. An unrealistic goal will inevitably end up a failure. Is my goal achievable? Each course takes approximately 17 hours per week. Taking 3 courses in a term will equate to 51 hours of studies in a week. Taking 4 courses in a term will equate to 68 hours of studies in a week. As there are 168 hours in a week, that still gives me plenty of time left for other obligations in my life, leading me to the conclusion that my goal is achievable.

The fourth step is to ensure my goal is realistic. Having lofty goals can be motivating, even inspirational, but can be daunting when trying to translate unrealistic ideas into reality. In order to take 3 subjects or 4 subjects per term, I would need to keep a cumulative GPA of above 3 for my studies. Thus far my grades average above 80% and as I progress and get used to the UoPeople system and make less mistakes, I will be able to increase this grade over time. So getting my CGPA up to allow me to take the amount of subject I would like to seems like a realistic goal to me. And should this change at any given time, I can always revaluate my goals again or adjust the timeline.

The last step is to ensure I keep my goal time-bound. As discussed before, my milestones are broken down into time measured chunks already, and this will be how I keep it time bound, one term at a time, 5 terms in total equalling one year.

Total Words: 616