**Assignment Activity Unit 7 - Question 3**

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**Part A: Comparing Previous Goal-Setting Experiences to the S.M.A.R.T goal framework**

In the past, I seldom set goals and when I did, they were broad and open-ended. I tend to focus on outcomes instead of the process. For instance, I would say, “I want to do better this term,” without identifying the actions that would make that possible. The *S.M.A.R.T.* goal framework has helped me see how vague goals can be difficult to track or complete (Ask Doctor Jodi, 2023).

This approach is not new to me. I have used parts of it before, like setting deadlines, but I rarely checked whether those goals were measurable and oftentimes they were unattainable. *College Success* highlights the value of creating structured, realistic goals as part of effective planning (Baldwin et al., 2020). Using *S.M.A.R.T.* goals will help me create clear benchmarks that make progress visible. It will also help me stay accountable, since each goal will have a measurable target and a defined timeframe.

**Part B: Time Management and Academic Success**

Effective time management, coupled with *S.M.A.R.T.* goals will enable me to achieve academic success. *College Success* explains that successful students align their daily actions with long-term objectives (Baldwin et al., 2020). By managing my time around specific goals, I can focus on what is most important, instead of reacting to stress or deadlines.

I plan to use the Eisenhower Matrix to determine what tasks are urgent and important. This will help me prioritize daily work in a more structured way, rather than relying on emotion or habit. I will also apply *S.M.A.R.T.* goals to my weekly schedule, breaking large assignments into smaller, timed parts. Following this method will help me curb my habit of procrastination and create a steady rhythm of progress. As *Rise With Odn* (2025) notes, ambition without structure often leads to burnout. By staying consistent, I will see real results.

**Part C: Using the Academic Success Plan**

The Academic Success Plan (ASP) serves as a practical roadmap for reaching my goals. I plan to use it to record my *S.M.A.R.T.* goals each term, track progress, and reflect on what is or isn’t working. The ASP will help me identify patterns in how I manage time and allow me to make adjustments early when faced with challenges.

By updating my ASP regularly, I will be able to measure my growth in real time. It will also serve as a personal accountability tool enabling me to stay organized, consistent, and focused on long-term success. With this system, I can turn intentions into measurable action and maintain steady progress toward earning my degree.

**References**

Ask Doctor Jodi. (2023, September 11). *Write SMART goals (S.M.A.R.T. goals) to work smarter not harder* [Video]. YouTube.<https://www.youtube.com/watch?v=RGxnc88P9nE>

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Rise With Odn. (2025, January 23). *If you’re ambitious but lazy, please watch this video...* [Video]. YouTube.<https://www.youtube.com/watch?v=TBxS0XhdfmU>