



EXERCISE 2: GOAL SETTING

SETTING GOALS IS CRUCIAL FOR YOUR SUCCESS

3 MAIN TYPES OF GOALS

Long term goals or “Life goals”. Long term goals represent significant mileposts in life. They may take an entire lifetime to accomplish. Some life goals might involve your education, a career choice, or the purchase of a home.

Mid-term goals Mid-term goals often support life goals but might also stand on their own. These goals are usually accomplished in three to five years. Mid-term goals might include completing a portion of your education or paying off a vehicle loan.

Short term goals Short term goals can be reached in a year or less. These goals might include completing a semester-based course, taking a road trip, or planning a wedding.

DAPPS: FIVE QUALITIES OF EFFECTIVE GOALS

| DATED | ACHIEVABLE | PERSONAL | POSITIVE | SPECIFIC |
|--|---|---|--|--|
| <i>Effective goals have specific deadlines.</i> | <i>Effective goals are realistic.</i> | <i>Effective goals are your goals, not someone else’s.</i> | <i>Positive goals help you focus energy on where you want to go rather than on where you don’t want to go.</i> | <i>Effective goals state outcomes in specific, measurable terms.</i> |
| No matter what type of goal you are setting, select a reasonable date to accomplish it. Deadlines help you stay focused. If you don’t meet your deadline, examine what went wrong and create a new plan. Without a deadline you may not achieve your goal. | It is unrealistic to say you’ll complete a marathon next week if your idea of a big workout is to jog around the block. Be optimistic <i>and</i> practical. It’s okay to set goals at the outer reach of your present ability. You can always reevaluate your goals as necessary. | Ask yourself if your current goals contribute to <i>your</i> personal dream. If not, trade them in for goals that do. Trust that you know better than anyone else which goals and dreams are right for you. | Phrase your goals in a positive light. For example, a goal to stop being late for classes becomes a goal to arrive on time to every class. | It’s not enough to say, “My goal is to do better this semester.” <i>How</i> will you do better? What concrete steps can you take? Revise your goals, “I will achieve a 3.0 GPA this semester by....” |

DAPPS is adapted from *On Course: Strategies for Success in College and in Life* | EGV was developed by Chris Hoyt

ACTIVITY 1: STEP UP TO YOUR GOAL WITH EGV

It’s easy to say setting goals is a good thing to do, and it’s clear that it works, but sometimes we need to take another step to keep us on track. End Goal Value or EGV is the practice of placing equal value on each step of any process that leads you to accomplishing a goal. For example: if your goal is to graduate with an associate’s degree, then each class required for the degree has the same value as the degree itself.

EGV in action Try attaching EGV to the situation you are facing right now. If you have a big paper due in English class, attach EGV on the paper and make it just as important as the class. Then attach EGV to the class. Now the big paper is just as important as your degree. Keep attaching EGV to every step of your academic adventure and before you know it, you will be walking across the platform to receive your diploma.

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ACTIVITY 2: "ROLE AND GO" — DEVELOPING YOUR ACTION PLAN

Role and Go allows you to identify your current roles in life, create goals, and develop a plan to achieve them. Once you master this process, you will be able to apply it in all areas of your life. To set meaningful and personally relevant goals, think about what you do right now (your **Role**) and where you want to **Go** with that role.

What I do right now list in order of importance (most time-consuming or central)

Examples

Role 1

student

Role 2

help care for niece

Role 3

part time waitperson

Which of the roles above is suffering the most at this time?

Examples

Role:

student

Long-term goal for this role:

BBA w/honors

Timeframe for this goal:

4 years

Role and Go! Step up to your long-term goal by adding mid- and short-term goals.

Create two supporting actions for each step that will help you achieve them. Repeat for all the other roles you have in your life.

Role #1: Add mid- and short-term goals and supporting actions

Examples

Long-term goal (same as above):

BBA w/honors

Timeframe:

4 years

Support action #1:

meet with advisor

Support action #2:

join honors group

Mid-term goal:

4.0 end of year

Timeframe:

end of sophomore yr

Support action #1:

track grades weekly

Support action #2:

finish online portfolio

Short-term goal:

learning ctr 1x week

Timeframe:

now to winter break

Support action #1:

form study group

Support action #2:

set up appts. Mondays

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