

SET YOUR SEMESTER GOALS

Goal-setting can provide you a sense of direction, motivation and focus to achieve success in your college experience. By setting goals, you are providing yourself with a target to aim for each semester. A SMART goal-setting approach can assist you with focusing on your efforts and increasing the chances of you achieving your goal.

S - Specific

M - Measurable

A - Achievable

R - Realistic

T - Timely

Once you have achieved your goals, take time to reflect on the work that you put in to help you achieve them. Use this worksheet to help you set and track your goals for this semester.

SEMESTER AND YEAR:

CAREER GOALS - See the example on Page 3 for help.

What are my career goals for this semester?

What are some things I can do to achieve these goals?

How did I achieve these goals?

ACADEMIC GOALS

What are my academic goals for this semester?

What are some things I can do to achieve these goals?

How did I achieve these goals?

PERSONAL GOALS

What are my personal goals for this semester?

What are some things I can do to achieve these goals?

How did I achieve these goals?

SAMPLE SEMESTER CAREER GOALS

CAREER GOALS

What are my career goals for this semester?

I want to obtain a summer internship at an engineering firm in order to gain experience in the field and apply my current skills and knowledge to the position. I would also like to join two student organizations that are related to my major to further develop my skills and professional network.

What are some things I can do to achieve these goals?

Attend this semester's career fairs

Get involved with student organization X and Y

Schedule an appointment with my Career Consultant to prepare for the internship search process

How did I achieve these goals?

By mid-semester: I registered for the career fair and identified organizations I want to meet with. I attended a few student organization meetings and have gotten gone to their networking events. I have met with my Career Consultant to discuss what I should look for in an internship.

By end of semester: I attended the career fair and discussed internship opportunities with organization A and B. I applied to their open internships and have received offers for them. I have met with my Career Consultant again to determine which internship would best align with my future career goals and the skills I would like to develop. I will attend apply to be the Secretary for one of the student organizations and use those connections to broaden my professional network as I prepare for a Co-op next spring.