

# Goal Setting

At the start of every new semester, each student is given a fresh start academically and have the opportunity to improve or evaluated their academic goals. In these helpful tips, students will learn how they can be successful in setting and achieving their goals.

**Stating a goal clearly-** Students should make sure they know very clearly what they want to accomplish (either short-term or long-term). Stating a goal clearly allows students to know specifically what they want to accomplish so that they could work towards achieving it.

**Make sure that the goal is challenging-** Goals should not always be too easy to achieve. Students should strive to set and achieve goals that are not impossible or undoable, but high enough to be challenging yet reasonable enough to accomplish.

**Write down the goals stated-** Writing the goal down and placing in somewhere so it will always be seen helps students to not only be reminded of the goal but also motivate them to achieve it. It may also help to tell others so that they also motivate others to accomplish their goals.

**Reward all accomplished goals-** Once students have achieved their goals, it is important for them to be rewarded for their accomplishments as well as to re-

evaluate their opportunities for setting new goals in the future.