

Off the Wall  
SUCCESS!



**Brain Food. Eat it up!**



*Build communities of successful citizens and scholars*

**UNI Residence Education Mission**



# Semester Success Re-set

**Based on materials from**

***<http://www.career-success-for-newbies.com/setting-and-achieving-goals.html>***

# **2010 is Here!**

**Time to re-set your sights on  
SPRING SEMESTER SUCCESS!!**

**Brainstorm a SHORT LIST of achievable things you want to accomplish by May 1. Then, narrow the list down to THE MOST IMPORTANT GOAL in each area:**

**Manage My Resources**  
(money, time, health...)

**Enhance My Relationships**  
(roommate, friends, co-workers, diverse people, family...)

**Improve My Grades & Career Direction**  
(grades, internships, deciding a major...)

# Goals should be

**S.M.A.R.T.**

- **Specific**
- **Measurable**
- **Achievable**
- **Results-focused**
- **Time-bound**

# Specific

**Good performance goals are specific. The common mistake in setting specific goals is stating an outcome rather than specific achievement in order to produce that outcome.**

**For example, stating, “*Become a better student this spring*” is an outcome. What is needed is **SPECIFIC ACHIEVEMENTS** that result in your becoming a better student.**

# Measurable

**Not all good goals are measurable. But the majority of good performance goals will have measurable results.**

**Think hard about this. Sometimes it is a matter of looking at it from a different angle. Think about the goal's intention. That may help you craft it differently.**

# **Achievable**

**Goals that are challenging, yet achievable build confidence.**

**Be courageous enough to SET REALISTIC, CHALLENGING GOALS that you alone or with the cooperation of others can achieve.**

**Remember, it's about setting AND achieving goals.**

# Results-focused

**When setting goals remember you want to HAVE CONCRETE RESULTS. Hence, the goals must be results- oriented.**

**Common mistakes here are taking activities as results. For example, increasing time spent in the library is an activity. Improving grades is a concrete result.**

# **Time-bound**

**Give a time to when your meaningful and motivating goals will be achieved. Deadlines help!**

***Sign Here!***

**if you got at least one good tip or reminder from this  
bulletin board...**