

FIGURE 1.2 > Practice Setting SMART Goals

Using this chart, try to set one goal in each of the areas listed: academic, career, personal, and financial. Follow the goal through time, from immediate to long-term. An example is provided for you.

TYPES OF GOALS	IMMEDIATE (this week)	SHORT-TERM (this term)	LONG-TERM (this year)
Example: Academic	<i>I will list all of my tests and projects due dates on my academic calendar.</i>	<i>I will make a file folder to store my own test and exam grades in case there is a discrepancy with my final course grades.</i>	<i>I will search online for programs in my field at four-year colleges and universities of my choice to determine if I have the grades to be admitted.</i>
Academic			
Career			
Personal			
Financial			