

# **LEADER READERS**

## *Goal setting*

“How important is it to know what you want and where you are going? A study of the graduates of one Harvard class thirty years later says it all: 80 percent had no specific goals, 15 percent had ones they only thought about and 5 percent had written goals (dreams with deadlines). The 5 percent, measured in net assets, had not only surpassed the goals they wrote down for themselves but, as a group, had more net worth than the other 95 percent combined. Impressive!”  
*Chicken Soup for the College Soul*

### **Setting Goals and Priorities**

First, a few things to consider:

**Goals** are *specific* and *measurable*. For example, “I will maintain my 3.5 GPA this semester.”

**Objectives** are the *actions* that you can do to get to your goals. For example, “I will type up my notes after each of my classes.” This step is critical but often forgotten.

### **Long Term Goals**

Long-term goals represent major targets in your life. These goals can take 5 to 20 years to achieve. In some cases, they will take a lifetime. This statement of goals will allow you to set shorter range goals and to prioritize specific activities according to how much they contribute to your goals. The process can force you to confront decisions that you have been putting off, or value issues that you don't want to handle.

Consider the answers to the following questions when writing these goals:

- What do you want to accomplish in your life?
- What do you want people to say about you when you're gone?
- What career, personal and financial security goals do you have?

Example: **Long-Term Career Goal:** Career as a Counselor (6-8 years).

**Leader Readers are a service of the Center for Student Development (CSD), created to support student organization success at Texas Woman's University. For more information, please contact the CSD at (940) 898-3626 or visit us on the first floor of the Student Center, 116.**

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## **Intermediate Goals**

Intermediate goals are objectives you can accomplish in one to five years. They include goals such as completing your education or achieving a specific career level.

Example: **Intermediate Career Goals:**

- Enter a Ph.D. or Master's program in Counseling or Clinical Psychology (3-5 years).
- Graduate Assistantship or Counseling job at the Bachelor's level (2-4 years).

## **Short Term Goals**

Short-term goals are ones you can accomplish in a year or less. These are specific achievements, such as completing a particular course.

Following is an example of a long-term goal and related intermediate and short term goals:

Example: **Short-Term Goals:**

- Major in psychology.
- Achieve at least a 3.5 grade point average for Masters.
- Volunteer work a peer counselor.
- Work as a research assistant.

## **Use in Organizations**

Goal setting can also be a great benefit to your student organization. Encourage your group to write goals for themselves in the context of the organization and goals for the organization. Get together to formulate group goals. It is best to review your goals periodically depending on their focus.

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