Creating Meaningful Goals

“Goals are the fuel in the furnace of achievement.”
Brian Tracy

Be Specific in goal setting. At the beginning of every semester write down the grades you expect to receive in each course.

Make sure each goal accomplished transitions into another goal. Your goals should be a continuous road map through your life.

Goals should be challenging. If it is easily obtainable to you, then you will remain stagnant. Push yourself to be better than yesterday.

Goals should be realistic. Acknowledge your strengths and weaknesses and use them both to your advantage.

Take yourself seriously. Set goals and attack them. Do everything in your power to make your goals your reality. You cannot win the lottery if you do not ever play it!!

Goal achievement exercise

1. Write down your goals for the semester: long term, educational, and personal.
2. Take them to your advisor at the beginning of the semester.
3. Create an academic plan that will help you achieve your goals.
4. Follow up with advisor after the semester ends and assess yourself.

Self-Motivation


Undergraduate Studies

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