

GOALS

A goal is the desired result a person envisions, plans, and commits to achieve. It is similar to purpose or aim, the anticipated result which guides action, or an end, which is an object, either a physical object or an abstract object, that has intrinsic value.

Types of Goals ...

Long Term Goals – completion is expected to take years

Long-term goals often are our most meaningful and important goals. One problem, however, is that the achievement of these goals is usually far in the future. As a result, we often have trouble staying focused and maintaining a positive attitude toward reaching these goals. This is why it is helpful to set up intermediary goals.

Intermediary Goals – developed to support long-term goals

Intermediary goals are a special type of shorter-term goal. It is written to help us achieve a long-term goal. Intermediary goals are like stepping stones that help us measure our progress toward reaching longer-term goals.

Short Term Goals – completion is expected to take weeks / months

For college students, short term goals can be developed using the structure of semesters as a time reference.

Immediate Goals – completion is expected to take hours / days

Immediate goals can be viewed as a “**to do list**” for a study session, a day, or for a week. Those individuals who generally write immediate goals (or lists) find satisfaction in crossing off a task after completion.

Creating Goals – *STSR* Method

Write **S**pecific, measurable goals.

Establish a realistic **T**arget date for completion.

Identify the **S**teps to completing your goals.

Plan to **R**eward yourself after completion (intrinsic/extrinsic).