

What motivates you?

External Motivators

- Homework Deadlines
- Parents/Guardians
 - Instructors
- Organizations
- Employers
- Money

Internal Motivators

- Self-satisfaction
 - Guilt
- Personal Interest in subject
- Personal interest in job
 - **GRADUATION!**

Still having trouble? Set up an appointment for 1-on-1 coaching with our academic success coaches through MyPLAN!

**First-Year Experience
& Transition Programs
Love Library South 127
Phone: (402) 472-1880
success.unl.edu**

Obstacles:

1. What obstacles might you encounter?

2. What will you do if you encounter these obstacles?

Notes:



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First-Year Experience & Transition Programs

From the FYE & TP Academic
Success Workshop Series:

Set & Reach Your Goals



success.unl.edu

Why do we need to set goals?

- To create motivation for ourselves
- To have a plan for overcoming obstacles
- To know what it will take to achieve our goals

Creating SMART Goals

Specific

Measureable

Attainable

Realistic

Timely

Example

I will achieve a GPA of 3.5 in Spring 2015 semester at UNL because I'm passionate about studying literature in graduate school.

SMART Technology



Way of Life: The ultimate habit building app. iOS, FREE.



HabitBull: Helps you keep track of your habits and routines. Android, FREE.



Joe's Goals: Website to make goals and log your progress.

Specific:

Answer the 5 W's:

Who?

What?

When?

Where?

Why?

Measurable:

- Determine a way to measure each part of your goal.
- How? How much?

***Ex:** I need to increase my grades in math and biology from C's to B's. I must improve my math homework grades and biology exam scores.*

Attainable:

- Goal is "just right"
- Not too easy
- Not too hard

***Ex:** Last semester I achieved a 3.3 GPA. My coursework will look similar this semester. With my stronger study skills and time management techniques, I can achieve a 3.5 GPA.*

Realistic:

- Do you have what you need to reach your goal?

***Ex:** Math is challenging, but I have some great tools and resources to use! I can use the Study Stop, and I have an Academic Success Coach.*

Timely:

- When is my goal completion date?
- Do I need to set-up periodic check-ins to see if I am on track?
- Are there important deadlines or dates leading up to my goal completion date?

Ex: I will track my grades and recalculate every 2 weeks to make sure the steps in my plan will help me reach my goal. I will mark all exam and project dates on my monthly calendar so I can plan well in advance.

SMART Plan - Make one!

1. What things do you need to do to reach your goal?
2. When will you do those things? (Keeping SMART principles in mind)
3. How will you make sure you are on track?