

Faculty of Community Services

Academic Support & Resource Centre

The Three Levels of Goal-Setting

One effective way to combat procrastination and increase motivation is to formulate goals for yourself. Below are some prompts to have you think self-reflectively about your long-term, medium-term, and short-term goals.

Try to formulate your goals using the **SMARTR** method:

Specific	Measurable	Action-Oriented	Realistic	Timed	Rewarded
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Goals set using these six characteristics are much more likely to be achieved than general goals which are often without focus. We can be easily distracted when trying to accomplish general goals, but setting goals the SMARTR way means that we are much less likely to lose focus and much more likely to be successful.

<i>General goal:</i> ➤ Read physics textbook.	<i>SMARTR goal:</i> ➤ Mon. 7:00-9:00pm. • Read pps.105-118 of physics textbook, make notes for future review, and complete four practice problems. • R=Call Sarah.
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Long Term Goals

- What are your career goals?
- What skills/credentials will you need to reach your career goals?
- Where do you see yourself in five years?

Medium Term Goals

- What are your goals for this semester?
- What help do you need in order to attain your goals for the semester?

Short Term Goals

- Use the *Weekly Goal Setting* worksheet to set SMARTR goals for this week!