

# SETTING SMART GOALS

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# WHAT IS GOAL SETTING?

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A plan for accomplishing an objective



Can be related to any aspect of your life

School

Work

Self Care

Social Activities

Relationships

A photograph of two young women, one Black and one white, looking intently at a laptop screen. The woman on the left is wearing a dark blue shirt, and the woman on the right is wearing a brown knitted sweater. The image is partially obscured by a white circular graphic element on the right side of the slide.

# HOW IS GOAL SETTING RELATED TO STUDENTS WITH DISABILITIES?

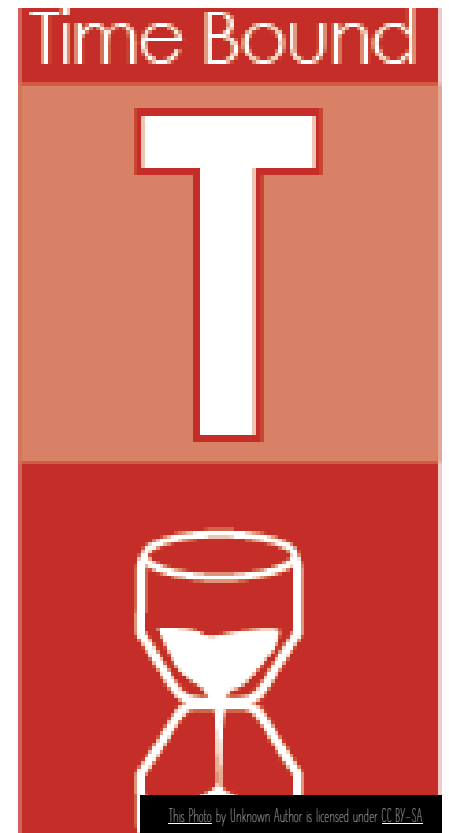
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- *In the classroom:* Research done by Moeller, Theiler, and Wu (2012) examined the relationship between goal setting and student achievement at the classroom level and found a statistically significant relationship between setting goals and language acquisition
- *In treatment:* Goal setting has been shown to help improve the outcome in treatment among studies done in adults with depression. (Weinberger, Mateo, & Sirey, 2009)
- *In the workplace:* Goal-setting theory helps us understand that setting goals is a conscious process and a very effective and efficient means when it comes to increasing productivity and motivation, especially in the workplace.

Source: <https://positivepsychology.com/benefits-goal-setting/#:~:text=Setting%20goals%20helps%20trigger%20new,you%20don't%20properly%20manage.>

# WHAT ARE SMART GOALS?

SMART is a mnemonic acronym used to guide you in setting goals.





# S - SPECIFIC

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- WHAT objective do you want to achieve?
- Define the goal as clearly as possible.
  - General Example: I want to get better grades.
  - Specific Example: I will make the Dean's list this semester.
  - Specific Example: I will raise my major GPA from 2.9 to 3.1.
- General Example: I want to be more active.
  - Specific Example: I will go for a walk each day.
- General Example: I want to meet new people.
  - Specific Example: I will join a student organization.

# M - MEASURABLE

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- How can I measure my progress?
  - General Example: Read more for enjoyment
  - Specific Example: I will read my favorite magazine for 20 minutes before bed each night



# TIP FOR SUCCESS: TRACK YOUR PROGRESS

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Draw a chart and mark each time you complete work towards your goal.



Keep a photo journal.



Consider using technology for tracking.



Try using an [app](#).



A silhouette of a person standing on a cliff, raising their arms in a celebratory gesture. The background is a bright, golden sunset sky with scattered clouds. The image is framed by a white curved border on the right side.

# A - ATTAINABLE

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- Is my goal achievable?
  - Challenging enough to require effort
  - Reasonable enough to manage
  - Example: I will attend 2 social events each week
    - Consider other obligations
    - Consider personal preferences
- Be sure to consider your current circumstances and resources.
  - Example: I will improve my fitness by working with a personal trainer
    - Consider financial cost
    - Consider personal preferences
    - Consider alternatives
      - Example: Ask a friend or workout with free YouTube videos



# R - RELEVANT

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- WHY do I want to achieve this goal?
- Consider the following:
- Is this goal important to **me**?
  - Is it my priority or someone else's?
- Is it aligned with my values?
  - Do I feel good about working towards this goal?
  - Is there something else that I'd rather work towards?
- Is my goal consistent with my long-term plans?





# T - TIMELY

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- WHEN will I achieve my goal?
- *General:* Given my current circumstances and resources, is it possible for me to achieve my goal in this amount of time?
  - Should I extend my timeline?
    - Example: I had the flu for 7 days
  - Should I shorten my timeline?
    - Example: I really enjoy walking and would like to train for a race.
- *Specific:* When during the day will I work towards my goal?
  - Example: I will workout at 6:00am
  - Example: I will workout at lunchtime

# TAKING ACTION

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- What steps do I need to take to reach my goal?
- Example: I will complete my 8-page research paper in 2 weeks.

Action Steps	Expected Completion Date	Actual Completion Date
I will research my topic and write my three-point thesis statement.	Friday, 02/19/2021	
I will write the introduction. (1 page)	Saturday, 02/20/2021	
I will write the first point. (2 pages)	Sunday, 02/21/2021	
I will write the second point. (2 pages)	Wednesday, 02/24/2021	
I will write the third point. (2 pages)	Thursday, 02/25/2021	
I will write the conclusion. (1 page)	Saturday, 02/27/2021	
I will edit my paper.	Sunday, 02/28/2021	
I will submit my paper.	Wednesday, 03/03/2021	

# MENTAL CONTRASTING

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- Identifying potential obstacles and possible solutions
- What obstacles might inhibit me from working on or reaching my goal?
- What possible solutions are there?

Goal	Potential Obstacles	Possible Solutions
I will run three times a week to improve my fitness level.	I don't like to get out of bed early.	Workout at lunchtime.
I will make the Dean's list this semester.	I love to play video games and lose track of time.	Set a timer. Only play video games after schoolwork is done for the day.
I will participate in a social activity once a week.	I get anxious in large crowds.	Plan small events like having a few friends over for dinner.

# TIP FOR SUCCESS: SHARE YOUR GOAL WITH SOMEONE

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- Dr. Gail Matthews, a clinical psychologist from Dominican University of California conducted a study that shows that "those who **write down** their goals and **share** their goals with a friend, as well as send weekly updates, were on average 33% more successful when it comes to accomplishing their stated goals compared to those who merely formulate goals."
- Choose someone who is trustworthy, honest and supportive.
- Be mindful of posting on social media.

Source: <https://positivepsychology.com/benefits-goal-setting/#:~:text=Setting%20goals%20helps%20trigger%20new,you%20don't%20properly%20manage.>





# TIP FOR SUCCESS: CREATE A VISION BOARD

- Consider using a [vision board](#)
- Steps for Creating Your Own Vision Board:
  1. *Reflect*. Think about what you want in life. Write your thoughts down.
  2. *Collect*. Gather some magazines and cut out images, phrases, and quotes that represent what you want to achieve and that encourage you to work towards your goal.
  3. *Assemble*. On a solid board (e.g., cardboard, cork, or wood), arrange and paste the cutouts in a way that's meaningful for you. If you prefer, you can add some embellishments to your board to make it more personalized.
  4. *Display*. Place the finished vision board in a prominent spot, where you can view it even for just a few seconds every day. Spend a few moments reflecting on your goals each day.

Source: <https://www.developgoodhabits.com/vision-board-ideas/>

# HOW WILL I KNOW WHEN I'VE REACHED MY GOAL?

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- Short Term Goals
  - Example: I will run the 5K Turkey Trot on Thanksgiving Day.
- Long Term Goals
  - Am I meeting short term goals related to my long-term goal?
    - Specific Goal: To earn a BS in Nursing
    - Progress: Admitted into Nursing program
  - Are my habits changing?
  - Do I feel differently?



# TIP FOR SUCCESS: REWARD YOURSELF FOR WORK WELL DONE

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- How can I reward my progress?
  - Internal – comes from within
    - Example: I feel more relaxed before bed.
  - External – comes from an outside source such as a reward or praise
    - Simple
    - Frequent
    - Free or inexpensive
    - Example: Buy the new copy of my favorite magazine when I finish the current copy







# TIP FOR SUCCESS: BE KIND TO YOURSELF

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When things aren't going as you had hoped:

- Look at your vision board for inspiration and encouragement.
- Look back at all the progress you've made.
- Think about what you would say to a friend who was having trouble reaching their goal.
- Talk to a friend who knows about your goal.
- Consider revising your goal.

# GOAL SETTING SUPPORT @ FSU

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- [FSU Counseling Center](#)
- [Academic Center for Excellence](#)



believe  
IN YOURSELF.

# QUESTIONS AND COMMENTS

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- Thank you for attending!

