Academic Enhancement in the Student Success Center

Tip of the week

SETTING GOALS

1. **BE SPECIFIC.** Instead of “I will get a job,” try “I will go to the Career Management Center this week.”

2. **MAKE THE GOAL MEASURABLE.** Instead of “I will watch less Netflix,” try “I will only watch one episode of Breaking Bad at a time.”

3. **BE REALISTIC.** This will vary by student. Always strive for excellence, but also know how you operate. Perhaps going to the library every day isn’t realistic for you. Instead spend one hour studying or reading in the library each day.

4. **USE TECHNOLOGY.** There’s an app for that! Download a productivity app (like Evernote) and use it to help you accomplish daily or weekly goals for yourself. You can set reminders for specific times to assist you.

5. **INCLUDE WHY THE GOAL IS NECESSARY FOR YOUR SUCCESS.** If your long-term goal is to improve your GPA, setting a short-term goal to attend tutoring will keep you motivated to attend every week. Knowing why you’re doing something can fuel you.

6. **IDENTIFY POSSIBLE BARRIERS.** If you struggled with writing last semester, then include visits to the Writing Center in your goals for this semester.

Try this now...

Go through the syllabus for each course and highlight due dates for each assignment/paper/exam. Create a master, chronological list of all your assignments for the semester, and post this list on your wall. This will eliminate due dates creeping up!

“Setting goals is the first step in turning the invisible into the visible.”

- Tony Robbins

Create both long and short term goals:

- **Short-term**—daily or weekly goals leading to long-term goals
- **Long-term** — what you want to accomplish this semester, this year, or beyond

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