Long Term Academic Goal

S – Specific   M – Measurable   A – Attainable   R – Realistic   T - Timely

Part I: Write down a minimum of 2 long term goals:

1) Example: I want to earn a cumulative and major field GPA of 3.000 by my senior year.
2) ___________________________________________________
3) ___________________________________________________
4) ___________________________________________________

Part II: Pick one goal from above and break it into smaller steps.

<table>
<thead>
<tr>
<th>Step</th>
<th>Time Needed</th>
<th>Deadline</th>
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<tbody>
<tr>
<td>Calculate my GPA needed in remaining coursework.</td>
<td>One hour to review DARS report.</td>
<td>September 28, 2017</td>
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Part III: What are your resources in achieving this goal?

1) OASA Counselor
2) ___________________________________________________
3) ___________________________________________________

Possible Obstacles | Possible Solutions to Obstacles
-------------------|-----------------------------
Poor grades sophomore year. | Inquire about repeat policy.

Part IV: How will you know you have achieved this goal? What will it look and feel like?

I will feel like I am managing my academic career by taking the steps needed earn my ideal GPA. I will know I’ve achieved my goal by being completing my degree with a cumulative and major field GPA of 3.000.

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