

# Goal Setting for the First-Time College Student

## Introduction:

Answer as profoundly and honestly as you can.

To help focus your answers, think of at least 3 categories of life goal:

1. Relationships with other people (family, friends, work relationships)
2. Work or career goals
3. Other personal achievement activity goals (hobbies, travel, athletics, etc.)

Before beginning, stop now and visualize what your life would be like if it were perfect.

**Directions (Give each student six 3 x 5 index cards and ask them to number them 1-6.)**

- **Part 1: One minute**
  - Card 1: How do you want to spend the rest of your life? Make a list of activities and goals for the rest of your life.
- **Part 2: One minute**
  - Card 2: What do you want to do the next 5 to 10 years? Again, list activities and goals.
- **Part 3: One minute**
  - Card 3: If you had six months to live, how would you spend it? List activities and goals.
- **Part 4: One minute**
  - Go over the first three cards and add or delete any item that has come to mind since the beginning of the exercise.
- **Part 5: One minute**
  - Card 4, Number 1: Select the goal or activity from card one that you most desire to achieve and write it here.
  - Card 4, Number 2: Select the goal or activity from card two that you most desire to achieve and write it here.
  - Card 4, Number 3: Select the goal or activity from card three that you most desire to achieve and write it here.
- **Part 8: Two minutes**
  - Card 5: Write as many things that you could do in the next 7 days to further goals on card 4. Do not evaluate feasibility; brainstorm anything you can do or begin in the next week and write it on card 5.
- **Part 9: 30 seconds**
  - Scratch out any item on card 5 that you don't actually think you can do or don't intend to do.
- **Part 10: One minute**
  - Card 6: Choose 3 items from card 5 that you will do in the next 7 days and write them on this card.
- **DEBRIEF Questions**
  - Ask the group how that activity was for them? Stressful? Why?
  - What differences did they notice between the first 3 cards?
    - this typically will put life in perspective a little (people and experiences may be valued more than others, etc...)
  - How will they use this information the rest of the semester?
    - Their college career?