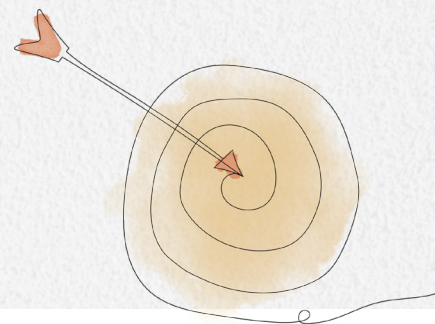


# Student Wellbeing

# Goal setting



Goals are something a person desires and puts effort towards. Setting goals can help you succeed at uni and in other areas of life. Using the SMART goal method can help you effectively set and achieve your goals.

## S SPECIFIC

You have a much better chance of achieving your goal when it is well defined and clear. For example, rather than having the goal of 'passing my exam', you might change this to a goal of 'studying for my exam 2 hours per day in the two weeks before your exam'.

To help make your goal specific, ask yourself: Who is involved in the goal? What do I want to accomplish and what resources do I need? Where is the goal to be achieved? When do I want to achieve this goal? Why do I want to achieve this goal?

## M MEASURABLE

Making your goal measurable allows you to keep track of your progress. For example, within your goal of studying for two hours per day, you may aim to review the material of one lecture.

Ask yourself "How will I know when I have achieved my goal?"

## A ATTAINABLE/ ACHIEVABLE

Goals will sometimes challenge you, but they must be realistically achievable. If you set goals that are unreachable, then you will likely lose motivation. For example, setting the goal of studying 10 hours per day, every day of the semester is likely not achievable.

## R RELEVANT

In order to have the best chance of achieving your goal, it should matter to you, and align with your values and other goals. If you set a goal you have no interest in, you are unlikely to achieve it. Ask yourself "does this goal seem worthwhile?"

## T TIMELY

When setting a goal you should establish a specific time limit. This helps to provide purpose and motivation. Ask yourself "When do I want to achieve this goal by?"

It is important to set both long-term and short-term goals. Short-term goals help us to keep on track on a day-to-day basis, and long-term goals help us to keep sight of the bigger picture and what all of our hard work is for. For example, your long term goal might be to become a Nurse; and a short-term goal related to this may be attending your scheduled tutorials for the week.

It can also be helpful to have goals in different areas of your life. Not every goal you set needs to be related to University or study. For example, you may want to set a goal related to learning a new instrument, or spending more time with friends or family. Finally, it is important to reward yourself when you achieve your goal, or steps within your goal.

Planning is an important step in setting and achieving your SMART goals. If you would like more detailed information about planning, see our 'Planning for a Good Semester' tip sheet.

If you would like further information or assistance related to goal setting or planning, please contact us at Student Wellbeing.

## Online resources

### ReachOut

[au.reachout.com/mental-fitness/setting-goals](https://au.reachout.com/mental-fitness/setting-goals)

### This Way Up - Student Wellbeing Program

A free online course with practical strategies for coping with stress and study.

[www.thiswayup.org.au/programs/student-wellbeing-program](https://www.thiswayup.org.au/programs/student-wellbeing-program)

## Apps

Search on the App Store or Google Play

### Strides: Habit Tracker

This app allows you to track goals and habits, which can help to keep you motivated and accountable.

[apps.apple.com/au/app/strides-habit-tracker/id672401817](https://apps.apple.com/au/app/strides-habit-tracker/id672401817)

### MyEffectiveness (Android only)

This app allows you to keep track of projects, checklists and action tasks.

[play.google.com/store/apps/details?id=com.andtek.sevenhabits&hl=en\\_AU](https://play.google.com/store/apps/details?id=com.andtek.sevenhabits&hl=en_AU)



Access support and more information

[www.newcastle.edu.au/counselling](https://www.newcastle.edu.au/counselling) or call (02) 4921 6622

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