

ACE TPP: Setting Goals

Setting and pursuing goals can benefit young people by helping them navigate complex worlds, make sense of their environment, meet changing needs, and promote positive development. Progress towards goals is linked to positive mental health, while setting and monitoring progress fosters motivation, empowerment, and improved communication. Before formal goal setting, mentors must establish a strong relationship based on trust. Goals can be short or long term, with periodic assessments and celebrations upon achievement. Be mindful that goal setting may be new to some mentees.

six steps to goal setting

1. Select and prioritize a set of meaningful, realistic, and specific goals.
2. Make and stick to a detailed, step-by-step plan.
3. Stay focused and show persistent effort with using strategies.
4. Keep track of goal progress and how strategies are working.
5. Seek help from others.
6. Substitute strategies when first-choice strategies are not working well.

Give it a try!

1. Pick a goal and 3 smaller tasks Make and stick to a detailed, step-by-step plan.
2. Identify 2-3 strategies to support your efforts
3. Jot it on paper so you can track progress
4. Find 1-2 people who can support your efforts

SOME SUGGESTED ACE TPP GOALS



- Secure an ACE Internship
- Create or update a resume and cover letter
- Create a budget
- Improve a grade
- Get involved in activities on campus
- Create a LinkedIn profile
- Obtain Professional Certifications
- Build a strong network
- Draft Professional Surveys
- Obtain a Fellowship
- Write a thesis
- Apply to Graduate School
- Manage Time Better
- Get a part time job
- Learn a new skill

GOALS ACTION PLAN

GOAL	WHY	MOTIVATION
-------------	------------	-------------------

START DATE	DEADLINE	REWARD
-------------------	-----------------	---------------

OBSTACLES TO OVERCOME

RESOURCES

BIG STEPS

- _____
- _____
- _____
- _____

LITTLE STEPS

- _____
- _____
- _____
- _____

NOTES

SMART Goal Setting

S

Make it
Specific

What is your goal? Give details

M

Make it
Measurable

How will you keep track of your progress?
How will you measure it?

A

Make it
Attainable

What do you need to achieve your goal?
Think of time, skills, etc.

R

Make it
Relevant

How will this goal help you?

T

Make it
Timely

When will you achieve this goal? Set a
start and finish date.