Goal setting helps you define your direction and strategies for getting there. It also gives you a sense of satisfaction as you make progress! Give some serious thought to what you want to accomplish this year then put it in writing here.

**Remember, your goals should be SMART!** (Specific, Measurable, Attainable, Realistic, and Timely)

<table>
<thead>
<tr>
<th>Name:</th>
<th>Academic Yr:</th>
<th>Today’s Date:</th>
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<tbody>
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<thead>
<tr>
<th>Areas of Interest/Major:</th>
<th>Current GPA:</th>
<th>Expected Graduation Date:</th>
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<thead>
<tr>
<th>Overall Life/Career (long-term) Goal:</th>
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<tr>
<th><strong>Academic</strong></th>
<th>Measurable goal for the year:</th>
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<tbody>
<tr>
<td></td>
<td>How will you achieve your goal and evaluate its accomplishment?</td>
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<tr>
<td></td>
<td>TRIO Advisor Initials</td>
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<tr>
<td></td>
<td>Goal Reached?</td>
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<td></td>
<td>YES       NO</td>
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<th><strong>Financial</strong></th>
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<th><strong>Personal</strong></th>
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<th><strong>Other</strong></th>
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