

ALABAMA A&M UNIVERSITY
 A2A "Advising to Advance Student Success"
 Goals Worksheet

(To be completed by sophomore level students prior to first advising session.)

SMART GOALS

Initial Goals	Write your goals here. 1) _____ 2) _____ 3) _____
S Specific	Your goals should be well defined, detailed, and clear. 1) _____ 2) _____ 3) _____
M Measurable	Are your goals measurable? You should be able to tell when you reach your goals. 1) _____ 2) _____ 3) _____
A Achievable	Can you reach the goal, taking into account your available time, skills and financial status? 1) _____ 2) _____ 3) _____
R Realistic	Are your goals realistically achievable within the time frame and with the available resources? 1) _____ 2) _____ 3) _____
T Timely	Set a start and finish date for your goals. 1) Start Date: _____ Finish Date: _____ 2) Start Date: _____ Finish Date: _____ 3) Start Date: _____ Finish Date: _____
SMART GOALS	Revise your goals, if necessary, based on the answers to the questions above. 1) _____ 2) _____ 3) _____
<p>Action Plan</p> <p>What steps do you need to take to get you to your goal?</p> <p>Action Items</p>	
Goals	1) _____ 2) _____ 3) _____

Potential Obstacles and Solutions

Goal	1) PO
	1) S
Goal	2) PO
	2) S
Goal	3) PO
	3) S

Date: _____

Signatures: _____

Student **College Advisor**