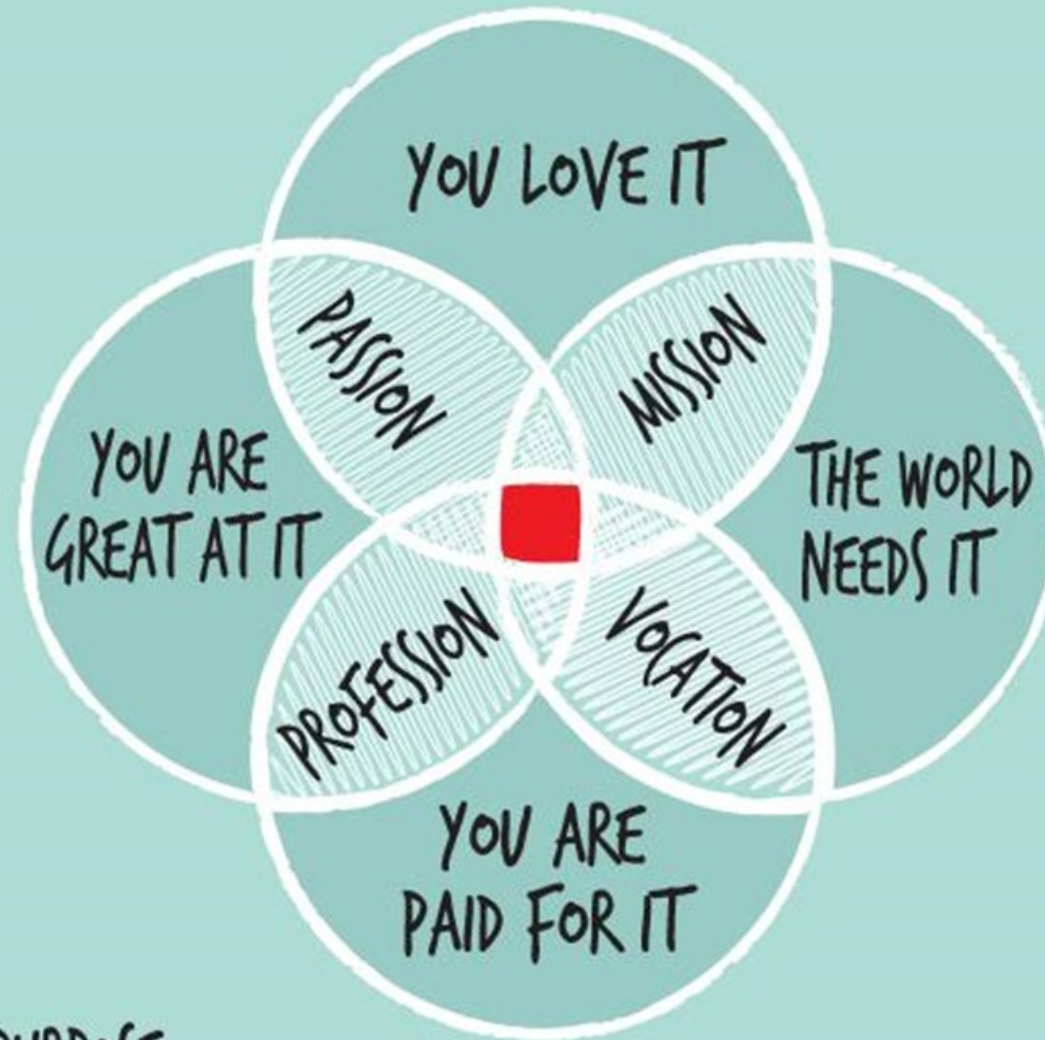




Goals!

Your Journey, Your Story

- Who are you?
- Why are you here?
- What do you want to become?
- How do you define success?
- How will you get there?



 -PURPOSE



HUSTLE + GRIND

Keep

- What is your favorite thing about you?
- What is your greatest strength?
- What do you want to hold on to?

- Where would you like to grow more confidence?
- What habit or skill would make College easier for you?
- What would you like to become more comfortable doing?

- Imagine you at Commencement
 - What would you want your family to say about you?
 - What would you want your friends to say about you?
 - What are you doing tomorrow?
- What would make you proud to say about your Etown experience?

Goal Development (Not SMART, but almost!)

- Target: What do I want to accomplish?
- Action: What will I regularly do?
- Timeline: By when? How long? When will I start?
- Support: What are my resources?

By the end of my first semester (timeline) I will
____(target)_____. I will do this by
____(action)_____. I will seek support from
_____.

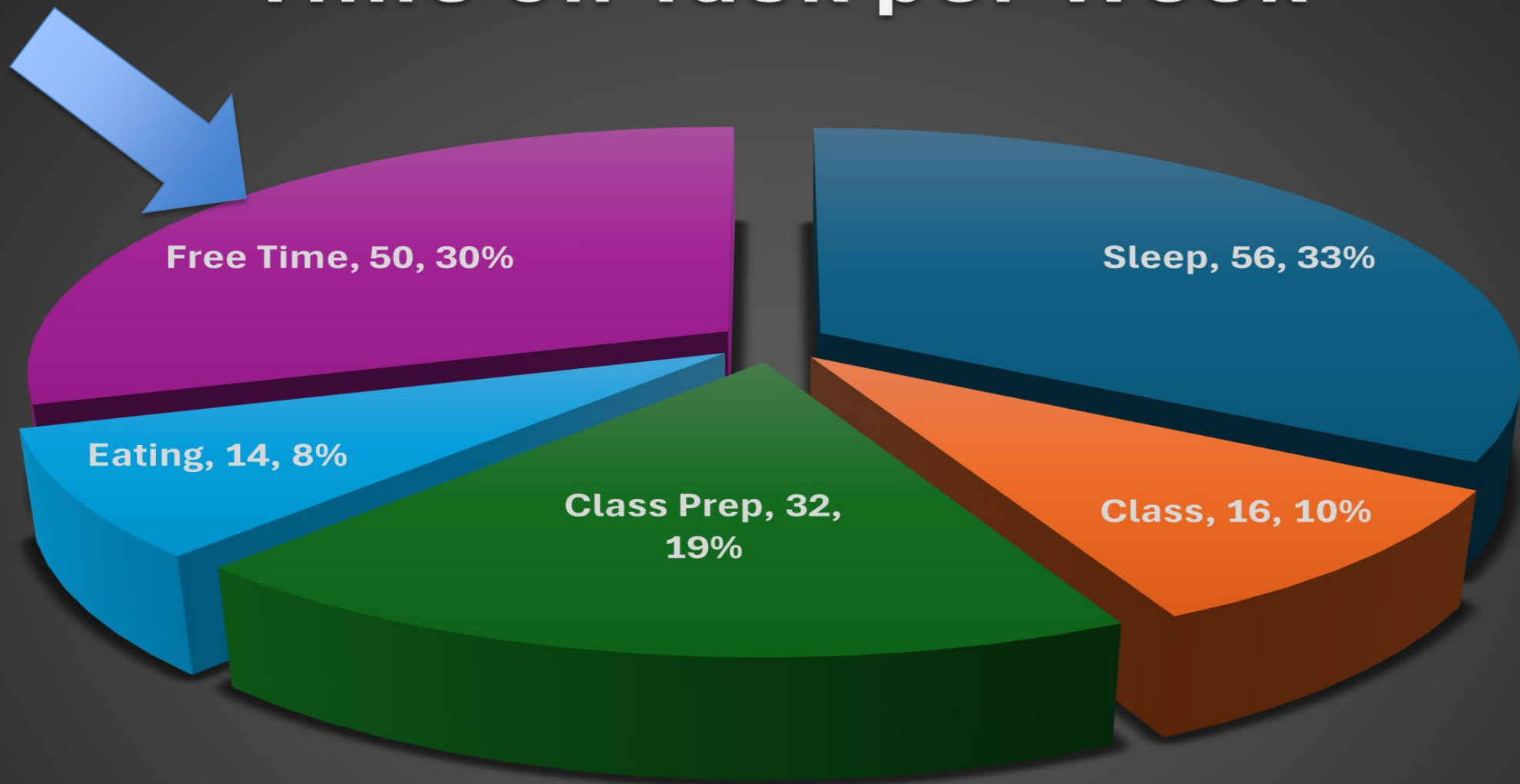
Before you arrive....

- 1 personal/social
- 1 academic
- 1 career/calling/future exploration
 - Think bite size!
 - Visiting Career Development Center
 - Develop resume
 - Declare a major
 - Find an internship
 - Shadow someone in chosen field for a summer
 - Participate in CCCE event

Beware...Distractions Ahead!!

- What prevents people from achieving their goals?
- How can you lower barriers to YOU achieving your goals?

Time on Task per Week



■ Sleep ■ Class ■ Class Prep ■ Eating ■ Free Time

- You don't have to have it all figured out!
- Direction
- First step, next step
- Commitment
- Self-awareness
- Grace
- YOU'VE GOT THIS!!!