

Take it to the Next Level: Skills for Student Success Series

Welcome!

Please:

- Mute your microphone until you would like to speak
- Please turn on your camera
- While you are waiting for the workshop to begin:

**** In chat, type your favorite food! ****



College of Agricultural, Consumer and Environmental Sciences

NMSU College of Agricultural, Consumer and Environmental Sciences
4-H and Youth Development
AGGIE NEXT STEP: POST SECONDARY SUCCESS



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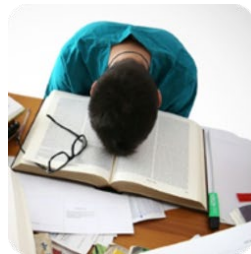
Level

Take it to the Next 

Skills for Student Success Series

October 22nd & 29th, 2020

Newt McCarty, *State 4-H Agent, Aggie Next Step and Youth Development*
Dr. Laura Bittner, *Interim 4-H and Youth Development Dept. Head*



The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and Extension programs.

Series Overview

~~October 1st: Personal Responsibility~~

~~October 8th: Study Skills~~

→ October 15th: Goal Setting

October 22nd: Organizational &
Time Management Skills

October 29th: Positivity



Goal Setting

- Our goal for tonight is to learn why and how to set goals



“A year from now you may wish you had started today.”

Karen Lamb



What do you already know?



Why Set Goals?

- **You take control of your life** (A goal is like a GPS in life!)
- **Keeps focus on important things**
- **Helps in making good decisions**
- **You will finish tasks more efficiently**
- **Helps build confidence, enthusiasm, belief in yourself**
- **Creates life-long motivation**
- **Goal setting is the KEY to designing your life!**



Time Frames of Goals

**GOALS CAN BE BROKEN INTO THREE
TIME-FRAMES**



SHORT-TERM

1-3 months

MID-TERM

1 year

LONG-TERM

5+ years



Where to Start?

Start by asking yourself...

- What is important to you?
- How do you want to design your life?
- What are your **PRIORITIES**?



Post Secondary Success Program



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SMART Goals

SPECIFIC



What exactly do you plan to accomplish?

MEASURABLE



How will you be able to see you are making progress?

ATTAINABLE



Is this a goal you think you can reach?

RELEVANT



How will achieving this goal help you reach other goals?

TIME-BOUND



When do you think you will be able to reach your goal?



Examples of SMART Goals

S

pecific

Weak example: I need to get better grades

Strong example: I **WILL** earn an A in math

M

easurable

Weak example: I need to earn an A in math

Strong example: I will earn an A in math by studying an extra **30 minutes each day**

A

ttainable

Weak example: I **think** I can move from a B to an A in math

Strong example: I will move my B to an A in math by asking for help, completing all my homework and scoring a 94 on the next two tests

R

ealistic

Weak Example: I will **NEVER** watch tv so I can spend more time doing math homework

Strong Example: I won't watch tv **until** my math homework is complete each night

T

ime-Bound

Weak example: I want to earn an A in math

Strong example: I **WILL** earn an A in math **THIS SEMESTER (12-20-2020)** by studying an extra 30 minutes each day, asking my teacher for help, and not watching tv at night until my math homework is complete.

Tips for Reaching Your Goals

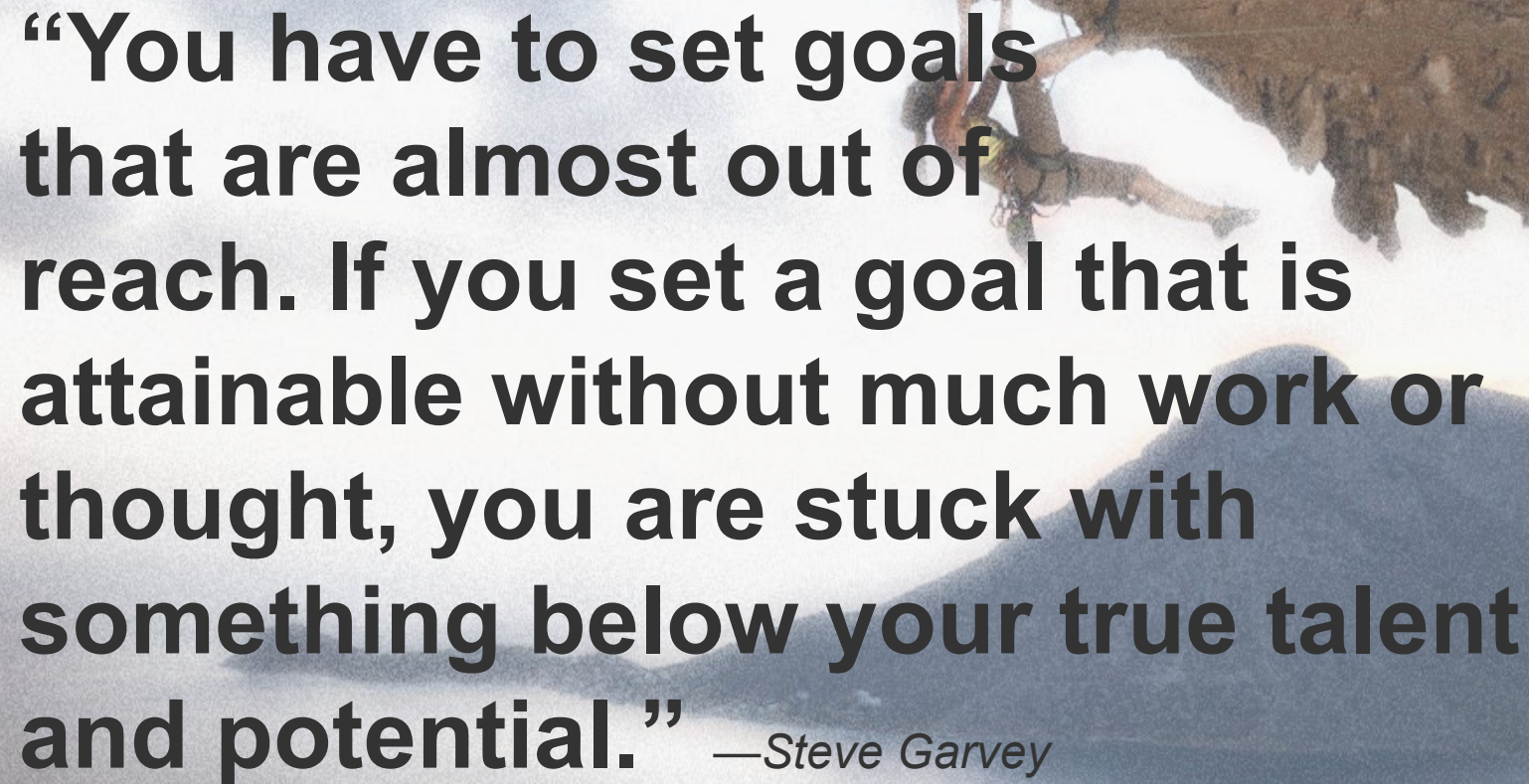
- Write your goals on paper
- Post your goals where you'll see them EVERY SINGLE DAY!
- Share your goals with others
- Remain positive
- Celebrate every success
- Don't be afraid of mistakes
- VISUALIZE!



What do you know now?



Final Thoughts

A photograph of a person rappelling down a rock face. The person is seen from the side, wearing a harness and a helmet, and is positioned in the upper right quadrant of the image. The rock face is a mix of brown and tan colors. The background is a bright, hazy sky. The overall image has a slightly grainy texture and is framed with rounded corners.

“You have to set goals that are almost out of reach. If you set a goal that is attainable without much work or thought, you are stuck with something below your true talent and potential.” —*Steve Garvey*



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