Goal Setting
Your Goals and Vision...

• Goals are defined as the result or achievement toward which effort is directed.

• Your goals should be outlined and understood in your vision of life plans.

• Vision is defined as the act or power of anticipating that which will or may come to be.
What Goal Setting Allows...

• Goal setting allows you to put a demand on your life
• Goal setting allows you to explore what it is you want out of life
• Goal setting allows you to make mistakes
• Goal setting allows you to make changes
• Goal setting allows you to do things you’ve never done before
• Goal setting allows you to think outside the box
• Goal setting allows you to be motivated
Goal Confusion...

- Goals can cause confusion
  - Setting unrealistic goals too early
  - The goals may not get accomplished in your desired time frame
  - Several other people could have the same goals as you, which makes them a competitor
  - All goals don’t become achievable
  - The process of achieving the goals might be difficult
Know what you want...

• Be clear on what you want and know the amount of time and effort it takes to achieve each goal.

• Being specific in your goal setting.

• Reasons many people fail to reach their goals are because they are not realistic when setting their goals.
Write, Remember, Re-visit

- Write down your goals...
- Remember your goals...
- Re-Visit your goals....
Action Plan

• Break down each goal into the steps you will need to take to accomplish them

• Set timelines in reaching each goals

• Include others in reaching your goals (cautiously)
Dedication

• Goals aren’t achieved just because they sound good

• You must put in the time and effort into each of your goals

• Some goals may require more dedication than others

• Understand the type of dedication it takes for each goal specifically
What happens if you fail?

- There is a chance that you won’t accomplish all of your goals
- There is a chance that you might get discouraged along the way to working towards your goals
- There is a chance that others will speak negative or try to cause you to lose focus on your goals
If it happens...

• Try not to fail, take all the steps necessary to guarantee your success

• Focus more on the positive, and less on the negative

• Review the goal to see what you could have done differently, and what you will do better next time

• Don’t let your past failures control your future goals and destiny.
Be Encouraged, Stay Motivated, and Succeed
Student Service Resources

- Advising & Counseling Services
- Financial Aid
- Career Services & Employment Relations
- Tutoring & Testing Services
- Multicultural Affairs
- Student Activities
Did you know...

- Did you know that because you are a student enrolled at BTC that your membership to the fitness room is free, and you can use the facility at your convenience?
Did you know...

• Tutoring services are available free or charge in the Student Services Division in almost every subject?

• Stop by the Testing Office to request a tutor, and they will match you up with a qualified tutor.
Did you know???

Did you know that the Student Services Office is opened from 8:00 a.m. to 6:30 p.m. Monday-Wednesday? And 8:00 a.m. to 5:00 p.m. on Thursdays and Fridays? Services include advising/counseling, financial aid, and our registration window is available to assist students as well.