

Goal Setting

LONG-TERM Goal Setting – 5 years from now

What are your hopes and ambitions for your university experience, five years from now? On the following list, number the desired outcomes in order of importance to you:

	to make new friends with similar interests
	to get good grades
	to gain a Higher Education qualification
	to care for my health and wellbeing
	to acquire more self confidence
	to learn to manage stressful situations
	I just want to get through
	to improve my career opportunities
	to make full use of UNE's facilities
	to enjoy myself
	to learn more about a subject that interests me
	to show my family and friends I can do it
	other: (state)

Now, consider the two outcomes that are the most important to you. Write in more detail about why they are important to you and what you aim to achieve.

The two most important outcomes I want to achieve over the next five years through studying at university are:

1

2

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