**Future me plan**: **Goal Setting Tool**

**Once you have completed this tool, you can upload it to the Rise platform. This is where you will record all your Future me plan activities and manage your own Portfolio. You can then share this with Personal Tutor ahead of your personal tutoring meetings.**

Goal-setting builds on your self-assessment (see the **Future me plan Self-Assessment Tool**).

**Defining your Aims**

Begin your goal-setting by thinking about what goals you have, and where you want to be in five years’ time. Do this by answering some questions to get you thinking:

|  |  |
| --- | --- |
| **What do you expect to achieve from your course?***e.g. is there a particular subject knowledge you would like to develop or academic skill?* |   |
| **Do you have personal development aims? What are they?***e.g. I would like to run a marathon; I would like to be more assertive* |   |
| **Do you have a specific career in mind? If so, what is it?***e.g. I’d like to be a chemistry teacher; I’d like to have my own advertising business* |   |
| **Are there any university or wider social issues you are passionate about and would like to get involved with? If so, what are they?***e.g. I really care about education, and would like to mentor young people* |   |
| **Where do you see yourself in five years’ time?***e.g. I would like to live abroad* |   |
| From your **Future me plan Self-Assessment Tool**, are there any attributes you would like to develop? If so, which ones and why? How do they contribute to your overall career goal?*e.g. I would like to develop my critical thinking skills because I want to improve my essay writing.* |   |

**Setting your Goals**

Considering your answers to the questions above, define your three long-term aims (in the **Long-term Aims** column) - e.g. *I want to set up my own advertising business when I graduate.*These are aims you seek to achieve in five years’ time. Then break these down into some manageable short-term goals, which are the things you might need to do to achieve your long-term aims. Write these down in the **Short-Term Goals** column. Next, break down your short-term goals into objectives achievable in the next 12 months.

Use the SMART tool to make sure your goals are as helpful as they can be to aid your planning:

**S**pecific: What exactly will you accomplish?

**M**easurable: *How will you know when you’ve reached this goal?*

**A**chievable: *Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?*

**R**elevant: *Why is this goal significant to your development*

**T**ime-framed: *When will you achieve this goal?*

Goal setting example:

|  |  |  |
| --- | --- | --- |
| **Long-Term Aims**  | **Short-Term Goals**  | **SMART objectives**  |
| 1. Be a Chemistry Teacher | a) Complete my BSc in Chemistry with a 2.1-degree average | 1. Book onto an Academic Skills workshop on critical thinking, to develop my ‘divergent thinking’ skills, by end of December 2021
2. ...
 |
| b) get accepted in a PGCE programme | 1. Identify PGCE programmes for Chemistry secondary school, in universities located in the North West, by the end of May 2021
2. ...
 |
| c) get teaching experience | 1. Access the Career Centre Resources for information about placement opportunities
2. ...
 |

Complete your own table:

|  |  |  |
| --- | --- | --- |
| **Long-term Aims**  | **Short-term Goals**  | **SMART Objectives**  |
|  1.   |  a)  |  |
|  b)  |   |
|  c)   |   |

|  |  |  |
| --- | --- | --- |
|  2.  |  a)  |   |
|  b)  |   |
|  c)   |   |
| 3. | a) |   |
| b) |  |
| c) |  |