

New Year - SMART Goals

The new year is the perfect time to set new career or education goals. Set yourself up for success by using SMART goals. SMART goals will help you stay focused, motivated, and on track for a successful year.



SMART Goal Examples: Instead of saying, "I want to do better this semester," or "I want to network more," set a SMART goal you can track and complete. For example, "I will earn at least a B in each class this term by attending every lecture and studying 10 hours per week." Or, "I will update my LinkedIn profile and make 10 new connections with professionals in my career field by April 1, 2026."

- Get Started Now: Start by writing down 1-3 SMART goals, break them into weekly action steps, and check your progress at least monthly, adjusting your goals as needed.

TIP OF THE MONTH

Make it a habit to check your spam or junk email folder at least once a week. Mark any emails as safe or add to your contact list if they shouldn't be in your spam folder. Your spam folder automatically clears out after 30 days, so don't forget to check it!



Time Management Tips

Start the new year strong with these time management tips!

- Plan your schedule a week in advance.
- Use a calendar to track your tasks and assignments.
- Prioritize a task to complete each day.
- Remember to schedule time for breaks to reset and recharge.

Need more information? [Schedule a call](#) with your AthLife advisor to discuss your career or education goals.

