***Student Module 4: My Global Competence Plan***

**Assignment 1: SMART Goals**

In Module 4, students are introduced to setting goals using SMART goal design. This assignment will help students reflect on their career aspirations and create SMART goals to achieve them. SMART goals are:

* *Specific*: Specific and clear goals are easier to achieve and help you know how and where to start.
* *Measurable*: Measurable goals allow you to track your progress and know when they are completed.
* *Actionable*: Actionable goals ensure the steps to get there are within your control.
* *Realistic*: Realistic goals avoid unnecessary stress and frustration.
* *Timely*: A timeframe helps you stay focused and motivated as you move toward your goals.

Prior to giving students the worksheet below, have students answer the following questions:

* What experiences have made you who you are today?
* Why are you enrolled in classes for your particular career field?

Additionally, have the students think of their answers to these guiding questions:

* Where would you like to be at this time next year?
* What things are most important to you?
* What do you dream about achieving?

**Assignment: SMART Goals**

**Directions:** Reflecting on your answers to the guiding questions given to you by your instructor (and listed below), write your own SMART goals to guide you as you prepare for the next step in your career.

For reference, here are the guiding questions:

* What experiences have made you who you are today?
* Why are you enrolled in classes for your particular career field?
* Where would you like to be at this time next year?
* What things are most important to you?
* What do you dream about achieving?

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| S: Make your goal Specific |  |
| M: Make your goal Measurable |  |
| A: Make your goal Actionable |  |
| R: Make your goal Realistic |  |
| T: Set a reasonable Timeframe in which to achieve your goal |  |