



A presentation at SOLR-2018

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Learning Objectives for this Session

- Participants will be exposed to the concept of goal setting.
- Participants will learn the basic skills of goal setting.
- Participants will practice the skills learned by constructing 1-3 goals.



What is a GOAL?

- Definition of a GOAL:

- The object of a person's ambition or effort; an aim or desired result.

- Google Dictionary

- Something you are trying to do or achieve

- Merriam-Webster

- An observable and measurable end result having one or more objectives to be achieved within a more or less fixed time frame.

- Businessdictionary.com



Why Goals are Important?

- Goals provide direction.
- Goals are benchmarks to measure growth and development.
- Goal achievement provides a sense of accomplishment.

- Goals serve as roadmaps
 - Would you drive to Los Angeles without a map?

- Goals act like recipes.
 - Would you make Thanksgiving dinner without them?

- Dream + Action Steps + Target Date = GOAL



Types of Goals

- Personal
- Student / Professional
- Organization / Group
- Global / Altruistic
- Others?

Types of Goals

- **Fixed**

- Goal with an outcome that is based on a specific date/time.

- **Flexible**

- Goal that has an outcome, but no time limit.



Types of Goals

- **Short-Term**

- Goals that can be accomplished in the near future (within a few weeks or months)

- **Long Term**

- Goals that are more far-reaching and take longer to achieve (a year or more)



Basic Skills of Goal Setting

- **Define the challenge you face. (The 'Why')**
 - Clearly define the issue.
- **Define what you want to achieve. (The 'What')**
 - Write it down.
- **Define Action Steps you need to take. (The 'How')**
 - These become the action plan to reach your goal.
- **Establish target dates for action steps. (The 'When')**
 - This becomes your timeline for measuring success.



Basic Skills, continued...

- Write it down!
- Keep it simple!
- Use positive, action-oriented words – I can, I will OR Initiate, Perform, Complete...
- Read/Work your goal(s) every day, every meeting, every opportunity
- Stretch your abilities, your organization's abilities



Specific

S

G

Measurable

M

O

Achievable

A

A

Relevant

R

L

Timed

T

S



Dreams vs. Goals

- *The difference between a dream and a goal is ACTION.*





Realistic vs. Unrealistic Goals

- What makes goals unrealistic?
 - No time frame
 - Requires unavailable resources
 - Too general
 - Too big?
 - Others?



Why Goals Fail

- The goal was not documented.
- Rewards for meeting the goal were not set.
- The goal was unrealistic.
- The goal is not believable.
- No one was committed to achieving the goal.
- The goals changed like OK spring weather.
- The person(s) who set the goal(s) kept the goal a secret.
- The goal was not incorporated into a realistic plan that included measurements, timelines and resources.
- Other reasons?



Your Turn to Participate !

- What are some objectives/things you/your organization hopes to achieve in the next few weeks or months or next year ?
 - Come up with 1-3 DRAFT goal statements.
- What are some objectives/things you/your organization hopes to achieve in the next few years ?
 - Come up with 1-3 DRAFT goal statements.
- Group Chats and report outs



Questions so far ?



**Utilizing Campus/Other Resources to
Achieve Goals!**



What Resources are Available?

- University Departments
- Local Claremore Community
- Local Businesses
- Other Campus Organizations
- Student Government Association
- Campus Activities Team



What Resources Do They Have?

- Volunteers
- Supplies
- University Funds
- Monetary Donations
- Sponsorships
- Space (On or Off Campus)
- Participants at your event
- Relationship building opportunities

Why Is this Important ?

- Building relationships for future goal – getting.
- Help defray cost(s) of events or actions.
- Help developing fundraising skills
- Help developing leadership and collaboration skills
- Help accomplishing current goal(s).



The answer is already 'no' if you never ask !



Let's talk – questions & comments?

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Thanks for being here today!

