

Name: _____

Date: _____

Information Integration and Goal Setting

As a step in confirming your academic and career goals, complete the form below.

Long-range career goal:

Present short-range career goal (one- to five-year goal): Be sure your goals are **SMART!**

I look forward to *majoring* in _____

so that I can become _____

because I *value* _____

and my *interests* include _____

and this career would allow me to _____

Summary of strengths and areas to improve related to goal:

Personal strengths:	Personal areas need to improve:
Favorable external conditions related to career choice:	Unfavorable external conditions related to career choice:
Strategies to reach goal:	Resources available to help reach goal:

Alternative short-range career goals that would be equally satisfying: _____

Training needed to enter this career alternative: _____
