# Transcript: IT Podcast - Ep 83 - Ready Set Goals with Tonya Ferreira

*The following transcript is a verbatim account of the video or audio file accompanying this transcript.*

Speaker #1 (Narrator):

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Speaker #2 (Tonya Ferreria):

Hello, and welcome to a ready set goals. My name is Tonya Ferreria. I'm a program mentor with the Bachelor of Science Cloud Computing Degree. Welcome. I'm sure you've heard about the importance of setting goals, whether you are just starting now with WGU, or whether you've been here for a while. It's so important to set goals. Honestly, most of us know that it's important, but sometimes we don't realize how important they are as we continue through our goal of getting a degree plan, or even just through life. It's very important to set goals. Goal settings doesn't have to be this boring thing. There are many benefits and advantages to having a set of goals to work towards. Oftentimes, setting goals helps trigger new behaviors. It helps guide your focus and helps you to sustain that momentum that we need in life. Goals help us to align our focus and they help promote a sense of self-mastery. In the end, you can't manage what you don't measure and you can't improve on something that you don't properly manage. Setting goals can help you to do all that and more. That's what we're going to talk about today. You may have heard the term SMART goals, S-M-A-R-T. We're going to talk a little bit about that and really what that means. When we say we want a smart goal, the S in SMART stands for specific. Well, what does it mean for something to be specific? A specific goal has a much greater chance of being accomplished than something general. For example, a general goal would be, I want to finish this course. I want to get my degree. But a specific goal would say, finish unit 1 and unit 2 this week by August 10th. That's something specific. What do we want to remember about things being specific? Well, a specific goal can answer those six W questions. Well, what's a W question? Who, for example, who's involved? What, what do I want to accomplish? Where, where do I want to accomplish this at, which course? When, what's the time frame that I made to accomplish it in, and which we want to identify the constraints and the requirements for that? Also the why, specific reasons or a purpose or a benefit of accomplishing this goal. That's what we mean when we say we want a goal to be specific. Another part of SMART is M. M stands for measurable goals. We want to make sure that we establish concrete criteria for measuring progress toward the attainment of each goal set that we have. When you measure your progress, you stay on track. You reach those target date you set, and you experience that joy of achievement and that's going to spur you on to continued effort that's required to reach your goal. We really want to make sure that they're measurable. Another thing we want to keep in mind is that we want to determine if our goal is measurable. For example, we might ask questions like, how much, how many, how will I know when it's accomplished? That's all a part of making sure that our goals are measurable. The A in SMART means creating attainable goals. When you identify goals that are most important to you, then you begin to figure out ways that you could actually make them come true. You develop those attitudes, abilities, skills, and the capacity to actually reach those goals. You may even begin to see previously overlooked opportunities to help bring yourself closer towards the achievement of your goals. We want make sure they're attainable. Remember that to make a goal attainable, any goal that you set has to have a plan and steps to establish a time frame that allows you to carry them out and allows you to reach your goal. Goals that may have seemed far away and out of reach, eventually move closer, and then they become more attainable. Not because your goals shrink, but because you're growing and you're expanding your ability to meet those goals. Another part of SMART is being realistic. Very important to have realistic goals. To be realistic, a goal must really represent an objective towards which you are both willing and able. Remember, willing and able to complete. That helps to make it more realistic. To determine if your goal is realistic, we want to ask these type of questions. Do I truly believe that it can be accomplished? Have I accomplished anything similar in the past? Can I identify the conditions that would have to exist to accomplish this goal? That's being realistic. Now let's talk about that T that's in SMART, that's timely. A goal should be grounded within a time frame. With no time frame tied to it, there's really no sense of urgency. When do you want to accomplish your goal? Someday is not going to work. But if you anchor it within a time frame, a specific date, then you've already set your unconscious mind into motion to begin working on that goal. That's very important. Another word for the T in SMART is tangible. A goal that is tangible is something that you can experience. When your goal is tangible, you have a much better chance of making it specific, making it measurable, and making it attainable. These are just some tips from me on SMART goals. I wish you the best of luck at your degree plan. I look forward to seeing your progress. Thank you.

Speaker #1 (Narrator):

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