The SMART Way to Achieve YOUR GOALS

There are four components to your success as an academic investigator, educator, or clinician:

1. Establish and manage your short-term (1-3 years) and long-term (5-10 years) goals.
2. Prioritize time every day to write by scheduling it into your calendar.
3. Find a mentor or coach to help you stay on track to achieving your goals.
4. Prepare for promotion and tenure from the first day of your faculty appointment.

Use goals to achieve success

Goal setting is often challenging and may take several attempts to establish. A mentor can help clarify a set of goals with you, although be sure to create an initial list to discuss in order to establish the framework and focus for your mentoring sessions.

When working on goals, be sure to capture them by writing them down. Goals can include personal as well as professional goals. To be the most effective, you need to meet “SMART” goal criteria.

S. M. A. R. T.

Specific
What is to be accomplished? Is it clearly defined?

Measurable
How will attainment or success of the goal be measured?

Action-Oriented
Is the goal attainable? How will it prepare or change your future?

Realistic
Does it make sense, given your current circumstances and resources?

Timely
Is it appropriate to your needs and is there sufficient time available to reach the goal?

Visit unmc.edu/mentoring for more information

Additional Resources