

## How to write goals for CAS

1. First ask yourself,
  - a. What are my personal goals?
  - b. What have I always wanted to try?
  - c. What kind of person do I want to be?
  - d. What am I passionate about?
  - e. What can I learn from this?
  - f. What is the purpose of this activity?
2. SMART Goals
  - a. [http://en.wikipedia.org/wiki/SMART\\_criteria](http://en.wikipedia.org/wiki/SMART_criteria)
  - b. <http://www.dummies.com/how-to/content/setting-smart-management-goals.html>
  - c. SMART goals are:
    - i. Specific
      1. Clearly defined (Not Vague)
      2. Good example: I would like to lose 30 lbs in 1 year.
      3. Bad example: I want to lose weight
    - ii. Measureable
      1. Put it in definable, tangible terms
      2. Bad example: I want to be smarter (How will you measure this?)
      3. Worse Example: I want to have more charisma. (Is this even measureable?)
      4. Good example: I want to increase my GPA by 0.5 points
    - iii. Attainable
      1. Must be realistic; something you could actually accomplish
      2. Bad example: I will improve my GPA from a 2.0 to a 4.0 by the next report card. (Nice, but GPAs take a long time to come up. They go down much faster than they come up.)
      3. Good Example: I will improve my GPA from a 3.5 to a 3.7 throughout next year.
    - iv. Relevant
      1. It has to be something you actually want
      2. It should also be something useful
      3. Good example: (I have always wanted to learn how to bake, so...) I will teach myself how to make some basic desserts, such as cakes, pies, and cookies.
      4. Bad example: (I hate science, but) I'm going to be a doctor because my mom wants me to.
    - v. Time-Oriented
      1. Goals are more likely to be achieved when they have a time limit attached to it.

2. Good example: I would like to lose 30 lbs in 1 year.
3. Bad example: I would like to lose 30 lbs.
  - a. If there is no end date in mind, you are more likely to keep putting off your goals, preventing you from achieving them

3. Examples of goals

- a. Action goals:
  - i. Learn something new
  - ii. Be the captain
  - iii. Move up/change a position
  - iv. Improve your "stats": time, accuracy, speed, distance, etc...
  - v. Win a prize/contest
- b. Creative goals:
  - i. Learn something new
  - ii. Improve skills
  - iii. Move up a chair in music
  - iv. Be the captain/officer
  - v. Win a prize/contest/Get high scores in competitions
- c. Service goals
  - i. Improve social issues: what are you doing to make this social issue not be an issue anymore?
  - ii. Learn about social issue
  - iii. Spread awareness of social issue

4.