**Name:**

Transitions Skills and Strategies

**Establishing and achieving my goals**

Without prioritising or trying to establish any order, take five minutes to write below a list of as many goals as you can.
Consider goals under the headings - academic, finance, career and personal.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Academic goals** | Time | **Finance goals** | Time | **Career goals** | Time | **Personal goals** | Time |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
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Now, in the columns labelled 'Time' - on the right-hand side of each of the goals on the previous page - indicate whether you

intend to achieve them within the next one, three, five or nine months or years. Add up the total number for each time period and

think about the balance between your short and long-term goals. You may consider breaking longer-term goals down into

shorter-term milestones. Finally, in the boxes below, write down the three goals that you consider to be most important.

Read the words below and consider if any of them describe you and/or the qualities that you will need to have to achieve your goals.

**confident interested satisfied pleased accepting fascinated content**

**optimistic happy fortunate passionate honest reassured**

**comfortable absorbed curious hard-working great hopeful good**

 **determined focused successful ethical empowered**

Now choose three relevant words (you can mix words from above with your own words) and write them below.

The first word which describes the qualities I will need to achieve my goals is

The second word that describes the qualities I will need to achieve my goals is

The third word that describes the qualities I will need to achieve my goals is

# Barriers to achieving your goals

Give some thought to what might get in the way of you achieving your goals. Are there any skills that you need to develop that

would help you? If so, how will you go about developing these skills? Should you add this development to your goals? Are there any

habits that you know you have that could get in the way of your future success? What could you do to break any habit that is not helping you?

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