

Name	Celeste Bailly
Goal	Find a proper mentor for my field of interest (occupational therapy) within the next six weeks.
Date	October 5, 2017
Reason this goal is important to me	I will need a mentor for the majority of my work in ISM.

Step	Concept	Description
1	<u>S</u> pecific Exactly what is it you want to achieve in your business or personal life? A good goal statement explains the what, why, who, where and when of a goal. If your goal statement is vague, you will find it hard to achieve because it will be difficult to define success.	I want to accomplish finding a mentor in the field of occupational therapy within the second marking period.
2	<u>M</u> easurable You must be able to track progress and measure the result of your goal. A good goal statement answers the question, how much or how many. How will I know when I have achieved my goal?	I will know that I have achieved my goal after I have had at least 5 interviews with professionals before selecting the one who I would like to be my mentor.
3	<u>A</u> ttainable Your goal should be stretching, but realistic and relevant to you and your company. Make sure the actions you need to take to achieve your goal are things within your control. Is your goal achievable?	It is definitely attainable, but I will need to begin cold calling immediately in order to find enough professionals, interview them, and select a mentor from them before my time goal runs out.
4	<u>R</u> elevant Your goal should be stretching, but realistic and relevant to you and your company. Is your goal and your actions meaningful to the larger goal? Will it deliberately move you forward in your ISM experience.	This is obviously one of the most important goals that all students in ISM have, so it is very relevant and necessary to the ISM experience because I will need my mentor's help to guide my research and eventually create a final product.
5	<u>T</u> ime-Bound Goals must have a deadline. A good goal statement will answer the question, when will I achieve my goal? Without time limits, it's easy to put goals off and leave them to die. As well as a deadline, it's a good idea to set some short-term milestones along the way to help you measure progress.	I will strive to achieve my goal by the end of the second six weeks.

Name	Celeste Bailly
Goal	Create a final product for final presentation night
Date	October 5, 2017
Reason this goal is important to me	Not only is it a requirement as part of the ISM program, but it will also be a very influential stepping stone on my journey to becoming a professional.

Step	Concept	Description
1	<u>S</u> pecific Exactly what is it you want to achieve in your business or personal life? A good goal statement explains the what, why, who, where and when of a goal. If your goal statement is vague, you will find it hard to achieve because it will be difficult to define success.	I want to accomplish making a significant impact in the life of at least one person characterized as needing occupational therapy, hopefully a child, through my passion for service to others.
2	<u>M</u> easurable You must be able to track progress and measure the result of your goal. A good goal statement answers the question, how much or how many. How will I know when I have achieved my goal?	I will know I have achieved my goal when I make a significant impact on the life of a least one person by the completion of my final product, because that is what I will try to do.
3	<u>A</u> ttainable Your goal should be stretching, but realistic and relevant to you and your company. Make sure the actions you need to take to achieve your goal are things within your control. Is your goal achievable?	It will definitely be attainable once I achieve my first goal, finding a mentor, because my mentor will be a key aspect of my ISM journey.
4	<u>R</u> elevant Your goal should be stretching, but realistic and relevant to you and your company. Is your goal and your actions meaningful to the larger goal? Will it deliberately move you forward in your ISM experience.	It will help me to put my passion for occupational therapy to the test by forcing me to maintain my drive and interest for the extend of a several-month long project.
5	<u>T</u> ime-Bound Goals must have a deadline. A good goal statement will answer the question, when will I achieve my goal? Without time limits, it's easy to put goals off and leave them to die. As well as a deadline, it's a good idea to set some short-term milestones along the way to help you measure progress.	The deadline will be at least three weeks before final presentation night in the spring because I will need time to put my poster together and finalize my presentation using what I learned from the experience of creating the product.

Name	Celeste Bailly
Goal	Improve my ability to focus during long-term assignments
Date	October 5, 2017
Reason this goal is important to me	It will help me with all my classes, especially ISM, because I will need to spend months at a time focusing on individual projects.

Step	Concept	Description
1	<u>S</u> pecific Exactly what is it you want to achieve in your business or personal life? A good goal statement explains the what, why, who, where and when of a goal. If your goal statement is vague, you will find it hard to achieve because it will be difficult to define success.	I will use time management and organizational skills to keep myself engaged in long term assignments and projects, in both my academic and personal life, to allow me to improve my focus and endurance.
2	<u>M</u> easurable You must be able to track progress and measure the result of your goal. A good goal statement answers the question, how much or how many. How will I know when I have achieved my goal?	I will know I have achieved my goal when I am not up at incredible late hours working on things, but at the same time am not dreading them every moment I work on them. I will need to train myself to invest more interest in the activities and classes I participate in.
3	<u>A</u> ttainable Your goal should be stretching, but realistic and relevant to you and your company. Make sure the actions you need to take to achieve your goal are things within your control. Is your goal achievable?	I know that it is realistic because I have already made progress regarding this goal throughout the year so far. I have already improved my time management skills and taught myself to be invested in my work.
4	<u>R</u> elevant Your goal should be stretching, but realistic and relevant to you and your company. Is your goal and your actions meaningful to the larger goal? Will it deliberately move you forward in your ISM experience.	It is relevant to my ISM journey, my development as a violinist and figure skater, and my personal life. Achieving or improving upon this goal will allow me to remain more motivated and emotionally invested in my work.
5	<u>T</u> ime-Bound Goals must have a deadline. A good goal statement will answer the question, when will I achieve my goal? Without time limits, it's easy to put goals off and leave them to die. As well as a deadline, it's a good idea to set some short-term milestones along the way to help you measure progress.	This goal will ideally last throughout the year, but I will have milestones every six week marking period. I will know I have achieved each milestone when I can rate my level of interest in my topic on a scale of 1-10 and not watch my interest wane over long periods of time.