

The LAUNCH Podcast – Setting S.M.A.R.T. Goals

[00:00:00] **Kayla Hogrefe:** [00:00:00] Hey everyone. Welcome to this episode of the UConn School Business Office of Undergraduate Advising podcast. This is Kayla Hogrefe, Academic Advisor, Hartford campus,

[00:00:26] **Emma Bjorngard:** [00:00:26] And I'm Emma Bjorngard, Academic Advisor at the Stamford campus.

[00:00:30] **Kayla Hogrefe:** [00:00:30] And in this episode we're talking to Peter Tribuzio about goal setting. And I thought Peter was a great person to speak to about setting goals. He's an Academic Advisor here on the Hartford campus. Lots of students know him, lots of students love him. But the way that he explains goal setting is really understandable and he makes it seem really attainable for students. So please enjoy, and I hope that you learn a lot from this episode.

[00:01:08] [00:01:00] **Emma Bjorngard:** [00:01:08] Can you tell us a little bit about yourself and your position at UConn.

[00:01:11] **Peter Tribuzio:** [00:01:11] Yeah. So my name is Pete Tribuzio. I'm an Academic Advisor on the Hartford campus. I've been an Academic Advisor for around six to seven years. I've been at UConn working at UConn for almost 10.

[00:01:27] **Emma Bjorngard:** [00:01:27] perfect. And you're going to talk to us a little bit about setting goals. So why is it important for students to set goals?

[00:01:34] **Peter Tribuzio:** [00:01:34] So, college students, specifically, even students, first year students generally they don't have a lot of experience in setting goals on their own right. They've had teachers or parents or to tell them exactly what it is they need to do. I think now that they're here, uh, one of the, one of the. The differences between high school and college is the fact that the fact that you're going to be setting your own goals, you're going to be identifying the things that you [00:02:00] want to do and you're ultimately are going to be the ones that have to do them. So I think that's why it's one of, one of the, one of the important reasons.

[00:02:07] **Emma Bjorngard:** [00:02:07] Okay, perfect. And then can you tell the listeners of why it is important to set long term and short term goals and distinguish between the two?

[00:02:13] **Peter Tribuzio:** [00:02:13] Yeah, so both are important. Short term goals I think will can help people. You know achieve the longer term goals. Short term goals are great. You can use them as markers on your way to a longer term goals. And longer term goals sometimes will be, you'll have to adapt them. And I think with those shorter term goals can help. Identify where you know, you need to adapt a different goals, and in both cases, I think it's important to identify the things that you can control and not control, uh, when you're, when you're uh, trying to Mark off the things that you want to do for your goal. And I think the longer term the goal is, the more chance if there's things that you can't control that can interfere [00:03:00] with that. So again, adjusting to that and adapting to that is important.

[00:03:04] **Emma Bjorngard:** [00:03:04] Perfect. And then in your opinion, what strategies can students use to plan and set goals?

[00:03:11] **Peter Tribuzio:** [00:03:11] Right. So I don't think there's any one size fit all model for goal setting. However, there are some things that seem to work. More often than not. , I know there's one model, the smart model, right? Yep. A specific, measurable, attainable, realistic, timely. That's a good model for students to begin thinking about how they, you know, how they would think about goals. , I think when we get to the smart model and you talk about being specific in your goal setting, I think it's, it's good to write things down. It's good to you definitely need to set a time table and when you want to get things done you want to be, you know, when we talk about being measurable, you want to know how will you determine whether or not you're successful or not. That's what measurable kind of means to me. I [00:04:00] think being realistic, is it something that a student is willing and able to do? Right? So if a goal is, I want to get a 4.0 and that takes a lot of work and a lot of time, and there's a student really willing to put in that, that time and effort to do that. , and again, you know, we talked about being timely, you know. Setting, setting a timeframe for it is important as well. So that's the smart model is a pretty good strategy. Yep.

[00:04:25] **Emma Bjorngard:** [00:04:25] Perfect. And then what do you do when you don't achieve your goals within your original timeline? Like when you feel like, Oh, I failed to reach this goal that I set for

[00:04:35] **Peter Tribuzio:** [00:04:35] So there could be a lot of answers to this. Right. I think generally speaking though, I think it's, it's a good time to reflect, right? And, and kind of determine what it is that. What went wrong or why you didn't achieve that goal necessarily. If it's things that you can control, then, then that's actions. That's actions you can, you can come up with a plan to change those things. If, again, if it's things you can't control, then maybe you might need to [00:05:00] be a little bit more adaptable, a little bit more flexible with yourself. I think it's also a good time to assess your strengths and your challenges and what you need to work on. Uh, just, uh, you know, and just, just because you didn't achieve one goal doesn't mean you're not going to achieve any other ones. And I think we, I read some things with successful people and, uh, you know, many successful people that, you know, seem to achieve goals they have poor short term memory or poor memory when it comes to failures and successes, each, each goal is it different, is a new opportunity to to better yourself and grow and to achieve it. So, yeah. Yeah.

[00:05:42] **Emma Bjorngard:** [00:05:42] Perfect. And have you set any goals for yourself? For this upcoming semester.

[00:05:48] **Peter Tribuzio:** [00:05:48] yes. You know so I, I teach a UNIV class here at UConn and one of my goals over the summer was that I want to get the entire class planned out before the beginning of the semester. Something I haven't had a chance to [00:06:00] do in the previous nine times I've taught the class. I'm on my way to doing it. And I have, again, it's in my calendar of all the specific things I want to do when I want to do them by. And I'm proud to say that I'm sticking to it as of now. Perfect. Come see me in a week and we'll see you then we'll see how close. And again,

[00:06:19] **Emma Bjorngard:** [00:06:19] thank you so much for answering our questions.

[00:06:21] **Peter Tribuzio:** [00:06:21] Thank you.

[00:06:45] **Kayla Hogrefe:** [00:06:45] So there you have it. That's Pete Tribuzio talking about setting goals, and one of the things I thought was most interesting about his comments was taking time to reflect and learn from situations where things maybe don't go your [00:07:00] way or they they're not moving at the pace that you want them to move. I think. So often in today's day and age, we're all so rushed and we feel so much pressure to achieve and to keep moving that we don't take the time that we need to reflect and learn from different situations. Is what, what did you think of that, Emma?

[00:07:18] **Emma Bjorngard:** [00:07:18] Yeah. I feel also something that we discussed a little bit about not being too hard on yourself if you're not able to attain a particular goal or if you fail to do so. Just to have some self-compassion and you use it to motivate yourself to move forward.

[00:07:35] **Kayla Hogrefe:** [00:07:35] Yeah. And so was there anything else that he touched upon that you found especially interesting or especially helpful?

[00:07:42] **Emma Bjorngard:** [00:07:42] I feel like especially helpful was his discussion about how you can use short term goals to reach your long term goals or goal just kind of as milestones along the way. What's something I'm going to try and incorporate into my goal setting.

[00:07:57] **Kayla Hogrefe:** [00:07:57] Yeah. I feel inspired to achieve my goals. [00:08:00] So just wrapping up here, if you need any sort of resources, if, if you want to download any calendar templates any smart goal assessments on the academic achievement center website, there is an awesome page of resources, just Google UConn academic achievement center and click on the resources link off their homepage and you'll find all sorts of uses. Full tools to help you set goals and evaluate yourself along the way. Anything else Emma? Or we're good? That's a wrap. So we'll see you next time.