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## Long And Short Term Goals In College And Life

“You have to set goals that are almost out of reach. If you set a goal that is attainable without much work or thought, you are stuck with something below your true talent and potential”-Steve Garvey. In *Get Focused Stay Focused*, I have learned that the types of goals you set will lead you down various paths that will shape your life. Whether it is a commitment to improve your physical health, get a good grade on a math test, or use your time more wisely after school, goals give you something to strive for. There are many goals that I set daily for myself, without even thinking about it. Three types of goals that we have learned about are short term, long term, and lifestyle goals. In my Freshman year, I have set three different types of goals for myself, a long term, short term and three lifestyle goals.

The long term goal that I have set is to become an anesthesiologist by the age of thirty. I know that this will require a lot of hard work, dedication, and perseverance, but I am willing to make the sacrifices needed to become a doctor. I have three action steps that will help me achieve this goal. Starting this year, I will study and earn at least a 4.0 grade point average (GPA) during my four years of high school, so I can get into a competitive college. Once in college, I will continue to be focused on my end goal and use the good study habits that I developed in high school. I will find a major that I enjoy and allows me to fulfill the pre-requisites for medical school. I will study hard and do well in college. I know that I have to maintain a high GPA to get accepted into a medical school. After graduating from college, I will take the MCAT and hopefully score well on it. I will then apply to medical schools where, once accepted, I will continue to study and begin to apply the skills I am learning about. Second, by the end of my Freshman year, I will talk to my dad about the struggles he had in becoming an anesthesiologist and learn how I can avoid these obstacles. Third, I will shadow an anesthesiologist at a nearby hospital by August 2023 to see if the job is actually what I think it is. While this is an ambitious long term goal, I am willing to do what it takes to reach it.

The short term goal I have set for myself is to earn a 4.0 grade point average by the end of high school. By setting and working towards this goal, I hope to get accepted into a competitive college. To reach this goal, I will set many smaller goals. I will develop good study habits, so I do well on the tests that I have in my classes. By January 2020, I will establish a quiet place to study without distractions. I will study on average two hours a week or until I feel completely prepared for each class I have a test in, until June 2023. I will make quizlets, take practice tests, and have someone read over my work before assignments are turned in. Second, I will spend at least thirty minutes every night and put in my maximum effort on every homework and classwork assignment from now until June 2023. I will use this time to look assignments over and not rush through them to understand the material and get the best score possible. Finally, I will talk to my parents and school counselor by April 2020 to talk about the classes that I should take in the future and the best four year high school plan to reach my long term goal. I want to take Advanced Placement classes, so I get a grade bump and the chance to take the AP tests, so colleges will view me as a competitive candidate. Having a short term goal will help me reach my long term goal.

I have three lifestyle goals, which are to become an anesthesiologist by the age of thirty, have a family of my own by forty, and to purchase a house by the age of thirty-five. My work goal is the

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same goal that I set as my long term goal, to become an anesthesiologist by the age of thirty. Things that I can do now to help me clarify if my lifestyle job goal is the right choice for me are to spend one hour a week with ill patients over the summer of 2020, go on a medical mission with my dad and other doctors in the summer of 2020, and interview three doctors that are not anesthesiologists to see if their specialty appeals more to me by the summer of 2020. For my personal lifestyle goal, I plan on being married and having two children by the age of forty. One action that I can take now, to prepare myself for the challenges of parenting, is babysit five kids by the end of my Freshmen year to see if I even enjoy kids. I will also help my mom out weekly with household chores such as cooking, laundry, and making lunches to get a better understanding of the things she does on a daily basis for a family of four. Throughout highschool, college and beyond, I will continue to develop healthy relationships with men, keep my body healthy by working out, and not get pregnant at a young age. My last lifestyle goal is my material goal. I plan to purchase a house by the age of thirty-five. To help me prepare for this big purchase, I will work on saving money. In order to purchase a house I will have to establish good credit and have saved money. I will ask my parents to open a debit account that is linked to my savings account by January 2020, so I can begin to manage my own expenses. In April 2020, I will apply for my first job as a summer swim coach and start saving money from my paychecks. I will develop a healthy relationship with money where I spend some, save some, and donate some of my earnings. Purchasing a house requires having a job or income, good credit, and knowing where you want to establish your roots. When traveling with my family, I will look at cities with a different perspective for the next four years and beyond. I will start to question whether this is a place that I ultimately want to live. By June 2021, I will visit five new cities and look into the cost of living at each place. These are some of the goals that I would like to achieve in my life.

In Get Focused Stay Focused, I have been planning my life journey, considering the goals of my life, and setting goals for my future. I have set a long term, short term, and three lifestyle goals. I have come to the conclusion that I want to be an anesthesiologist. This career path requires that I set and work hard towards many short term goals. The immediate goal that I have set is to get an average GPA of a 4.0 by the end of my senior year of high school to help me get accepted into a competitive college. I will develop good study habits, work in an environment conducive to learning, spend time on my assignments and studying for tests, and put in maximum effort in school. The lifestyle goals that I have set are to become a doctor by thirty, have a family by forty, and a house by thirty-five. While these goals seem almost out of reach right now, I know that they can be accomplished if I work hard, persevere, and make good choices. I want to strive for my true potential. Reaching these goals, begins with me taking action today.