Let’s Talk About Setting Career Goals for 2018

Yes, 2018 is around the corner! Sure it can be nerve wrecking to find yet another year gone so soon or maybe you are bursting with joy to have an opportunity at a new start. Either way as the New Year approaches, thoughts of new years resolutions may arise.

New, old, and revised goals may provoke worries or excitement along with the celebration of the holidays. Adjusting your goals as a student may look different as a freshman, senior, and graduate student; however, we all have had moments where it was time to reevaluate our plan for the future. For example, each semester you probably review classes you need to take for graduation prior to registering for classes for the following semester. You may also volunteer in your current field to build work experience as a means to better market yourself in the future. These are two ways that you are executing a plan to reach a goal.

Whether you are considering declaring a major or entering the working field in 2018, setting goals will be beneficial. Setting goals for your future career may provide you some hope and confidence in the direction that you have decided for your future path to go. This may reduce feelings of uncertainty, fear, concern, and frustration. If you are unsure how to approach this, no worries, here are a few tips to consider when setting career goals:

- Develop shot-term goals that align with your long-term. This helps to have achievements along the path to the ultimate goals
- Organize and revise plan to achieve short and long-term goals as needed. This may be as goals are reached or when life throws a curve ball, we should make adjustments.
- Research the typical trajectory of someone in your career of choice to provide you with a framework of how your plan and goals may be organized.
- Utilize the opportunities to speak with working professionals on campus. They may provide you the chance to take a glance at your future career through their experiences.
- Use your strengths to you advantage when setting shorter-term goals to reach your long-term goal. For instance, you may have the gift of networking which would put you at an advantage to connecting yourself with others that may be within the field of your desire.
- Lastly, treat yourself to a reward after setting/resetting your goals, you deserve it!

The Counseling Center staff can also help you with career exploration and career decision making. We can give you a battery of career tests that can help you to identify your career values, skills and interests and suggest careers that fit you! Just give us a call at (765) 285-1736 to make an appointment. Here is to a great 2018!

YOU MIGHT WANT TO KNOW

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