Your First Session - GROW

Your first session will cover the G in our model – establishing a SMART Goal.

Before Your First Session:

Read the article on "Powerful Written Goals in Seven Easy Steps" and the handout that outlines “SMART Goals."

Don't stress about following the steps or the sections, the important part right now is to read it and think about it. Don't worry too much if the goal you’re thinking of isn't SMART yet – that's what we’ll work on together! For now, I want you to just daydream a little about the future. Think about some of these questions, and jot down whichever answers stand out –

Where do you see yourself after graduation? What do you think you’ll be doing in 10 years? Why is this goal important? What do you really want?

If you’re stuck, what do you think could be one small step towards figuring out a career goal? What do you think you might be interested in? Many times, people know what interests them, but are afraid to talk about it. What are you afraid to talk about, career-wise?

What do you want to get out of college? What do you want to make sure you do before graduation? What do you want to make sure you do before the end of this year?

Then, take a quick look at the Career Timeline Checklist. How many of the tasks listed have you completed for your year in school?

Optional Extra Reading: “Develop Your Career Goals Holistically”

(tl;dr – read two or three articles, career daydream, freewrite about your daydream, check items off checklist)

Bring with You:

- Coaching Agreement
- Freewrite about careers

What to Expect:

We'll take a look at your freewrite, and your ideas, I’ll ask you questions, and your answers will give us your SMART goal for the year. We’ll then start to build your Action Plan – the steps you’ll take to achieve your SMART goal.