

UWL Career Services Internship Goals



Name: _____

Date: _____

Reflect on these questions

- What skills and experiences do you hope to gain from this internship?
- Which [Eagle Advantage](#) competencies do you hope to explore, experience, and excel in? how so?
- What are opportunities for growth that align with the purpose & goals of your role?

Create SMART Goals

S.M.A.R.T.	Questions...
Specific	Does your goal clearly and specifically state what you are trying to achieve? <i>If your goal is particularly large or lofty, try breaking it down into smaller, specific SMART goals.</i>
Measurable	How will you (and others) know if progress is being made on achieving your goal? Can you quantify or put numbers to your outcome?
Attainable	Is achieving your goal dependent on anyone else? Is it possible to reframe your goal so it only depends on you and not others? What factors may prevent you from accomplishing your goal?
Relevant	Why is achieving this goal important to you? What values in your life does this goal reflect? What effect will achieving your goal have on your life or on others?
Time-bound	When will you reach your goal? <i>Again, if your goal is particularly large, try breaking it down into smaller goals with appropriate incremental deadlines.</i>

Source: <https://www.uwlax.edu/globalassets/offices-services/human-resources/smart-goal-worksheet.pdf>

Goal #1

Goal #2

Goal #3