The Sustainable Scientist’s Guide to Goal-Setting for Summer 2018

Overview:
   A. Spring 2018 assessment
   B. Summer 2018 goals
   C. Make it sustainable
   D. Share your experience

A. Spring 2018 Assessment
   • Update your CV
   • Look at your goals for Spring 2018—how did you do?
   • List your wins for the semester
   • List any disappointments

B. Summer 2018 Goal-setting
   • Remind yourself of the Summer goals you identified at the beginning of the year (or start now—see link)
   • Make any needed adjustments.
   • As a reminder, the steps were:
     1. Identify big picture goals—for the whole year
     2. Remind yourself of the obligations on your calendar
     3. Select 1-3 specific foci for the summer semester
     4. Block off time each day or week where you will accomplish these goals

C. Make it Sustainable
   It’s summer! Think about what makes summer a rejuvenating time for you and make sure to consider that in your plans. It could be something you add, like travel, or something you take out, like lab journal club.

D. Share Your Stories
   I’d love to hear how you all did last semester and your plans for next semester. Tweet @ehaswell!