

Semester Academic Research Goals

For Engagement in First Year Project, Thesis/Dissertations and Research Applications

Name: _____ Semester: _____

Throughout their academic careers, the guidelines for graduate research collaborators at the Latino Alcohol and Health Disparities Research Center (LAHDR) are encouraged to take part in research that is:

- a) Related to their next academic milestone (i.e., first year project, thesis or dissertation)
- b) Serve as a principal investigator on research directly related to their independent research
- c) Serve as co-investigator on research being led by a peer principal investigator at LAHDR
- d) Serve as a co-investigator on research related to both their independent line of research and LAHDR's overarching research agenda

Your engagement in each of these research activities should be part of your academic research goals each semester.

In addition, each of these and other research activities should result in peer reviewed publications which should also be part of your goals for any given semester.

Use the form on the following pages. First, identify three research related activities for the semester. Be as specific as possible. Second, specify short term goals for the three research related activities. Break these goals down into steps with objective outcomes and specific time frames for completion. To facilitate to the development and planning of goals a worksheet for defining "SMART" (Specific, Measurable, Achievable, Relevant, and Time-Bound) is available to help you.

At the beginning of the semester, we will meet to discuss your goals and insure that they are specific, measurable, achievable, relevant and time-bound (i.e., SMART). Midsemester will assess progress and reset goals and timelines if necessary. At the end of the semester we will review progress on research to recognize accomplishments and identify barriers as well as strategies for overcoming them in the future.

SEMESTER GOALS

Please list two career/long-term goals and be as specific as possible. Saying "faculty member" is not very specific, for example, because there are different types of faculty positions – research focused, teaching focused, and balanced.

Please list at least three research goals for the semester.

1)

2)

3)

END OF SEMESTER ASSESSMENT OF GOALS

Timeframe	Goal Description	Progress During Prior Period (Student)	Notes on Progress

MENTOR COMMENTS

Please provide comments regarding the students overall progress towards the goals (successes, barriers, modification, extenuating circumstances)

STUDENT COMMENTS

Please provide your assessment of your progress, responses to mentor's comments, additional comments and future needs..

AGREEMENT

Student/Postdoc

Written/Signature

Date

Mentor/Committee

Written/Signature

Date

GOAL #1	Write the goal you have in mind
S SPECIFIC	What do you want to accomplish? Who needs to be included? Which requirements and/or constraints should I consider? When do you want to do this? Why is this a goal?
M MEASURABLE	Concrete criteria is needed for measuring progress toward the attainment of the goal. A measurable goal will ask: How much? How many? How will I know when the goal is accomplished? How can you measure progress and know if you've successfully met your goal?
A ACHIEVABLE	Attainable goals require that you have the necessary knowledge, skills, abilities, and resources to accomplish them. Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?
R RELEVANT	To be realistic, the goal must represent an objective toward which you are willing and able to work. Be sure that your goal aligns with the multiple priorities in your life Why am I setting this goal now? Is it aligned with overall objectives?
T TIME-BOUND	A time-bound goal will be grounded within a timeframe. What can you accomplish in the upcoming semester? What's the deadline?
SMART GOAL	Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed

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