

Name:

PAWS ID:

### Values and Smart Goals Reflection

This sanction is designed to allow for reflection on your personal values and develop goals for future success. Please note that the purpose of this assignment is not to provide you with a venue to justify your actions or to evaluate the actions of others. For this sanction, you will need go to <https://www.lifevaluesinventory.org/> and create a free account to complete the inventory. Once completed you will need to download a pdf copy of your completed profile.

Based off this inventory, your personal values, and goals for your college experience and professional career- create 3 SMART Goals related to your values inventory. SMART goals are Specific, Measurable, Achievable, Relevant, and Time-Bound. Resources for SMART Goals are available here:

<https://www.smartsheet.com/blog/essential-guide-writing-smart-goals>

[http://www.hr.virginia.edu/uploads/documents/media/Writing\\_SMART\\_Goals.pdf](http://www.hr.virginia.edu/uploads/documents/media/Writing_SMART_Goals.pdf)

<https://www.mindtools.com/pages/article/smart-goals.htm>

Action Plan		
Goal 1:		
How does this relate to your Life Values Inventory?		<b>Is my goal?</b>  ➤ <u>S</u> pecific ➤ <u>M</u> easurable ➤ <u>A</u> chievable ➤ <u>R</u> elevant ➤ <u>T</u> ime-Bound?
Why is this goal important?		
What is needed to accomplish this goal?		

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What are potential barriers to this goal?		
Who can help, support you or hold you accountable to achieve this goal?		
<p style="text-align: center;"><b>Goal 1 Action Steps:</b> Please list at least three (3) action steps you will take with this goal.</p>		
<ul style="list-style-type: none"><li>● Action:</li> <li>● Action:</li> <li>● Action:</li></ul>	Deadline:	
Goal 2:		
How does this relate to your Life Values Inventory?		<p><b>Is my goal?</b></p> <ul style="list-style-type: none"><li>➤ <u>S</u>pecific</li><li>➤ <u>M</u>easurable</li><li>➤ <u>A</u>chievable</li><li>➤ <u>R</u>elevant</li></ul>

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Why is this goal important?		➤ <u>T</u> ime-Bound?
What is needed to accomplish this goal?		
What are potential barriers to this goal?		
Who can help, support you or hold you accountable to achieve this goal?		
<p style="text-align: center;"><b>Goal 2 Action Steps:</b> Please list at least three (3) action steps you will take with this goal.</p>		
<ul style="list-style-type: none"><li>● Action:</li>  <li>● Action:</li></ul>	Deadline:	

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● Action:		
Goal 3:		
How does this relate to your Life Values Inventory?		<b>Is my goal?</b> <ul style="list-style-type: none"><li>➤ <u>S</u>pecific</li><li>➤ <u>M</u>easurable</li><li>➤ <u>A</u>chievable</li><li>➤ <u>R</u>elevant</li><li>➤ <u>T</u>ime-Bound?</li></ul>
Why is this goal important?		
What is needed to accomplish this goal?		
What are potential barriers to this goal?		

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Who can help, support you or hold you accountable to achieve this goal?		
<p style="text-align: center;"><b>Goal 3 Action Steps:</b> Please list at least three (3) action steps you will take with this goal.</p>		
<ul style="list-style-type: none"><li>● Action:</li> <li>● Action:</li> <li>● Action:</li></ul>	Deadline:	

**Reflection Questions:**

For each reflection question/prompt, please provide a minimum of five (5) sentences.

What have you learned from the situation that brought you to meet with me?	
Did this situation align with your personal values? Why or why not?	

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<p>What have you learned from participating in the Student Conduct Process?</p>	
<p>What are three (3) proactive steps you can take to avoid further instances related to potential violations of the Student Conduct Code. Are these steps realistic? Why or why not?</p>	
<p>Examine the concept of “community” and put it into context of The College of New Jersey (i.e. include TCNJ’s values).</p>	
<p>Discuss the potential impact of your decisions on both yourself and others.</p>	

**\*\*Clicking Save & Submit will open a prompt to open an email to [conduct@tcnj.edu](mailto:conduct@tcnj.edu) with your completed assignment attached. Please cc your hearing administrator in the email and attach your Life Values Inventory as well\*\***

Credit: Christine Nye