Welcome to campus Tar Heels? we, Student Life & Leadership (SLL), are excited to provide you with a leadership guide that can help you navigate your fall semester at UNC! There are hundreds of ways that you can engage yourself in and with the dynamic UNC community and the Tar Heel Leadership Plan (THLP) is here to serve as a guide!

**S.M.A.R.T. Goal Setting**

It is important that as you begin your semester that you are setting goals that are specific, measurable, achievable, relevant, and time-bound (S.M.A.R.T.). There are hundreds of ways that you can make your experience at UNC Meaningful and S.M.A.R.T. goals can be a tool to help you achieve it. Consider a goal that you have set for yourself. The goal could be based on an experience that you want to engage in, establishing and maintaining healthy boundaries around your involvement, a program or experience that you want to contribute to, a position that you want to hold, etc. Additionally, think about the resources (resource offices, staff members, friends, faculty, mentors, etc.) on campus that you can maximize and engage as you set your S.M.A.R.T. goal.
Specific - What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?

Measurable - How can you measure progress and know if you've successfully met your goal? How does this look different in the short term vs. the long term?

Achievable - Do you have the skills required to achieve the goal and if not how can you obtain them or seek support from? Is the amount of effort needed to achieve your goal going to produce a result that is worthwhile?

Relevant - How does the goal align with your objectives for yourself? Does this support your life and well-being financially, emotionally, intellectually, etc.?

Time-bound - What is the deadline and is it realistic?

**August Leadership Planning**

As you start to get involved on campus the SLL team encourages you to be intentional in exploring your options. Checkout the student groups on heellife.unc.edu and pick 3 you want to invest time talking to. These can be for fun, professional development, personal growth, and more. We encourage you to ask yourself these questions as you learn more about student groups on campus:

- Do I want to explore something new?
- What am I looking for in an organization or activity?
- Do I want to work on something I believe in?
- Should I be in a group that relates to my major or career interest?
- Do I want to connect to a group to focus on making new friends?
- How much time will I realistically I have for an organization?
- Can I manage any financial obligations that may be required of me by joining this group?
- How can I set S.M.A.R.T. goals to get involved in experiences that will help me be exposed to new experiences, concepts, and challenges?
September Leadership Planning

As you engage in your time at UNC you will be able to build a community up around you. This community can be made up of friends, classmates, suitemates, teammates, and more. It is important to connect with people in the community that can push you to grow, support you when you are struggling, enjoy time together, and help you reach your goals. Mentors be they informal or formal can be wonderful relationships to build up during your time. Every mentor you connect with may not explicitly call themselves a mentor, but they will be invested in you. Whether it is a peer-mentor through a formal program, a mentoring relationship built through a student organization, a staff or faculty member you connect and with, mentors can have a great impact on your holistic growth and well-being.

- What is an area of my experience at Carolina so far I’m looking to be better supported?
- What offices or resources on campus can I connect with to find a mentor?
- How can I set S.M.A.R.T. goals to help me get connected to friends and mentors on campus that will help me be my best self?

October Leadership Planning

October will get here before you know it. As you reach the middle of your first semester at UNC, it is a great to chance to reflect and assess how your experience has been.

- How have I grown as a leader so far this semester?
- How have I been able to be a better member of a team or group since the start of the semester?
- How has my engagement at UNC been connected to my values?
- How can I set S.M.A.R.T. goals to ensure that my commitments give me enough time for taking care of myself and build healthy habits that I can rely on?
- What is one small thing that I can do to improve or grow in the weeks ahead?
- What is something I did before coming to UNC that I miss doing (i.e. service, team sports, meditation, etc.) and do I want to engage in it again?

November Leadership Planning

As you start to wrap-up the semester November is a great time to make sure that you are putting your experiences together. Realizing how you can articulate your experiences as you get ready to pick new classes, further your commitment to existing
groups, seek out new experiences, and consider what opportunities lay ahead. Whether this takes the form of updating your resume to reflect your experiences this semester, determining a major, etc. it is important to consider how would you articulate what you've learned, how you've grown, how you can keep growing, and how you can lead.

- How have I been able to engage in leadership in a group setting without having a formal title/position?
- How have I been able to engage in leadership in a group setting where I have a formal title/position?
- How have I been challenged as a leader this semester?
- How did I overcome that challenge?
- How have I shown-up as my best self this semester?
- What enabled me to do that?

Source URL: https://carolinaunion.unc.edu/departments/student-life-leadership/leadership-programs/tar-heel-leadership-plan

Links