

Seton Guidance Corner

September 15, 2022

What is a SMART Goal?

'SMART' is an acronym that stands for Specific, Measurable, Achievable, Relevant, and Timely. SMART goals meet all 5 of these criteria — and, as a result, are strategic, focused, and attainable. Why use SMART goals? When you use the SMART goal framework, you rid yourself of confusion and gain clarity. Setting a SMART goal will help you understand exactly what you need to do (and when you need to do it) to achieve your desired outcome. (Adapted from <https://www.oberlo.com/blog/smart-goal-examples>)

What are examples of using a SMART goal? Students can use SMART goals to improve grades, complete a class project, become better at a sport or playing a musical instrument, etc. For example, let's say you would like to improve a grade in a particular class. Your SMART goal could look something like this:

- **Specific:** I want to get above an 85 in my math class.
- **Measurable:** I will complete all my homework assignments; ask for help if I need it; and study for tests with a helpful friend.
- **Achievable:** I know I can do better in math if I try harder.
- **Relevant:** If I can improve my grade in math, it will help me get into college.
- **Timely:** I will begin at the beginning of the new quarter and will have eight weeks to improve my grade.

What SMART Goal will you set today? ☺

Upcoming College Visits at Seton

Tuesday, September 27 – Belmont Abbey College

Tuesday, October 4 – University of Dallas

Tuesday, October 11 – Benedictine College

Thursday, October 13 – Franciscan University

Tuesday, October 18 – Catholic University

Students are encouraged to stop by the table that will be set up in the main entrance lobby during lunch and take advantage of this great opportunity to meet with visiting admissions representatives and ask any questions they may have (i.e. admission requirements, majors, scholarships, financial aid, sports, etc.).

Representatives from the University of Notre Dame Visiting the Area

The University of Notre Dame's Office of Undergraduate Admissions will be visiting Bishop O'Connell High School (6600 Little Falls Rd, Arlington) on Thursday, October 13, at 7:00 p.m. The event will include information on academic, community, and spiritual life at the university as well as insights into the admissions and financial aid processes. To register, visit https://enrollment.nd.edu/register/VA_101322.

UVA - School of Architecture Fall Events

UVA School of Architecture welcomes prospective students and their families to take advantage of a variety of opportunities to include both in-person and online information sessions and guided tours. For more information, visit <https://www.arch.virginia.edu/apply/visit-us>.

Cardinal Newman Society – Recommended Catholic Colleges

Over the next several weeks, the Seton Guidance Corner will highlight a recommended college by the Cardinal Newman Society. This month's feature is **Ave Maria University**.

Year Founded: 2003

Location: Ave Maria, Florida

Number of Students: 1,153

Number of Majors: 34

Ave Maria University (AMU) was founded by former Domino's Pizza owner Tom Monaghan in 2003 as a direct response to Pope St. John Paul II's call for a new evangelization.

The University offers 34 undergraduate majors, with programs in the humanities, the sciences (e.g., marine biology, biology, biochemistry, chemistry, physics, exercise physiology, environmental science), psychology, music, communications, nursing, business, and education. The most popular majors are biology, exercise physiology, biochemistry, communications, business, psychology, and theology.

More than 60 student clubs, organizations, ministries, outreach efforts, and households offer an abundance of activities to include swing dance, rugby, equestrian, scuba, film, drama, and debate.

Students also have opportunities to serve on mission trips with sisters from the Missionaries of Charity in Calcutta, Uganda, Haiti, Dominican Republic, Guatemala City, Mexico City, Washington DC and New York City. (<https://www.avemaria.edu/> and <https://cardinalnewmansociety.org/college/ave-maria-university/>)

Scholarship Opportunities

Literature Lover Scholarship

Open to all English majors

Amount: \$500

Deadline: November 1, 2022

<https://www.languagehumanities.org/literature-lover-scholarship.htm>

Science Appreciation Scholarship

Open to all STEM majors

Amount: \$500

Application Deadline: November 1, 2022

<https://www.allthescience.org/science-appreciation-scholarship.htm>

Learner Math Lover Scholarship

Amount: \$1,000

Deadline: November 15 2022

<https://www.learner.com/math-tutoring#Scholarship-About>

**Please note, opportunities in the Guidance Corner are not endorsements of the programs. They are shared as options for students and parents to carefully consider.*