

Activity 4.2

Developing Your Action Plan

Part I: What action do you want to take to further explore your major and career options?

Examples: I want to meet with my advisor in the next two weeks to declare a major in Film and Media Studies. During our meeting, we will work on next semester's enrollment plan for my new major. I want to conduct an informational interview with a SoonerVision employee next week to see how I can get a summer internship in video editing for OU Athletics.

MY ACTION PLAN IS:

Part II: Have you thought about why you want to work towards these plans or goals? If you haven't, you could be unmotivated and unclear about how to reach them on your OU Journey. Use this space to explain why you've selected this plan for yourself.

MY REASON FOR WORKING ON THIS PLAN IS:

Part III: Break your action plan into smaller steps. Remember: these should be specific, measurable and attainable steps.

ACTION ITEM	IMPORTANCE:	DEADLINE:
1.		
2.		
3.		
4.		

Part IV: Picture achieving your goal—what will that look or feel like? How will you know when it's complete? Now, think of an obstacle to completing your action plan. What could you encounter that would prevent you from reaching your goal?

I'll know I completed my action plan when...	An obstacle I could encounter is...
1.	1.
2.	2.
3.	3.

Part V: You don't have to do it all alone! Identify some resources (people, places, or services) that could help you achieve your goal. Page 19 of this workbook has a list that you may refer to. Explain how these resources can support you:

RESOURCE 1:
RESOURCE 2:
RESOURCE 3:
RESOURCE 4:
RESOURCE 5:

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