

Long-term goals v1

	LONG-TERM GOAL
What it is	<p>Something you want to do or be in the distant (5+ years) future;</p> <p>An overarching principle that guides your decision making</p> <p>Serves as a motivator</p> <p>Gives you a sense of greater purpose</p> <p>Requires time, planning, and a vision for the future</p>
Tips for writing	<p>Think about what you want to do or be; then work backwards, planning steps (short-term goals) that go back to where you are now or what you can do right now.</p> <p>Create a picture of where you want your career to be 10 years from now.</p> <p>What do you need to do in five years, one year, six months to get to your long-term goal?</p>
Action and measurement	<p>Action typically general, generic, abstract, and may not be measurable via specific numbers</p> <p>Measurement is rather an assessment of your progress toward accomplishing the long-term goal</p> <p>May include use of checklists, subjective assessment, input/feedback from others, or review of short term goals and objectives met over time and their relationship to the long-term goal</p>
Timeframe	Five years plus
Examples	My long-term career goal is to advance methods used in measuring and reducing hospital-acquired injury among older hospitalized patients.
	My goal as a reproductive epidemiologist is to identify gene-by-environment interactions associated with adverse pregnancy outcomes in large-scale population-based cohorts, with an emphasis on exposures that are susceptible to public health intervention.