

## Student Counselling Office (Zentrale Studienberatung)

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### My values, my aims – for four areas of life

#### Relationships

*for instance, with my partner, my child(ren), my parents, close friends and relatives)*

My values in relationships:

Short-term aims\*:

Medium-term aims\*:

Long-term aims\*:

Long-term aims\*:

#### Work

*(Paid work; education/my degree course; training and CPD; unpaid work such as volunteering, domestic work and caring responsibilities)*

My values at work:

Short-term aims\*:

Medium-term aims\*:

Long-term aims\*:

#### Play

*(Rest and relaxation; hobbies, creativity; sport/exercise; all types of free-time activities; recreation/entertainment)*

My values at play:

Short-term aims\*:

Medium-term aims\*:

#### Health

*(Physical, psychological, emotional and spiritual health and wellbeing)*

My health values:

Short-term aims\*:

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From *Der Weg zu echtem Selbstvertrauen* (Russ Harris)

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**Student Counselling Office (Zentrale Studienberatung)**, HAW Hamburg, Stiftstraße 69, 20099 Hamburg

We're here to answer all of your questions about your studies – by email, by phone or in person. You can find up-to-date contact information and office hours at [bit.ly/HAW-ZSB](https://bit.ly/HAW-ZSB).

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Medium-term aims\*:

Long-term aims\*:

\*When formulating your aims, use the **SMART** criteria:

*Specific:* Your aims should be specific, clear and precise, as that will make it easier to check if you have achieved them.

*Meaningful:* Your aims should be consistent with your values.

*Actionable:* Your aims should open up opportunities for positive change, rather than giving instructions for what *not* to do.

*Realistic:* You should aim high, but not so high that your aim is out of reach.

*Time-bound* You should set a time frame within which you intend to achieve your aim.

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