Do you sometimes make goals for yourself and find it difficult to stick to your plan? Is goal setting easy for you but you lose momentum due to obligations at home or work? Or is goal setting hard and you don’t know where to begin?

EACC Director Tami Long, PhD will review goal setting theory, provide an overview of the five key principles of goal attainment and discuss the importance of writing SMART goals when developing professional and personal goals.

**WHEN:**
Wednesday, Nov. 20
noon-1 p.m.

**WHERE:**
Dauphin Island Room 205

**REGISTRATION:**
Go to uab.edu/learn and enroll in “Viva — Goal Setting” under the catalog tab.
To request disability accommodations email dss@uab.edu or call 205-934-4205.