Meaning, Purpose, and Goals

The tricky part about life meaning is that there is no final destination. Every time you undergo a life transition, the prior meanings that you relied have to be renewed—and often rediscovered completely. Meaning is attached to destination; however, our destinations, or environments, constantly change.

Transitioning from high-school to college is a major life transition that challenges the meanings you attach to your life, which in turn challenges your identity. As you experience and learn new things, as you embark on new roles, consider different majors and different careers, you experience tiny shifts in your identity to fit the new information, new life roles, and even potential life roles.

These shifts may leave you feeling adrift, lost, unsure of yourself. But through continual active, and purposeful exploration, you will find a new balance, and with that balance a new self, informed by a new or different meaning.

It is hard to go through this process, and you may experience a longing for the old, the safe. But that old safety will never allow you to reach your goals.

Meaning, Purpose, and Goals Workshop: Tuesday!

On Tuesday, November 8, at 4:30, in Kirby 108, Reverend Katrina Jenkins will present the Meaning, Purpose, and Goals workshop!

In the midst of changing life meanings, learning the skills and steps necessary to create and achieve goals will help you to create new life meanings. See you Tuesday!

A complete workshop listing for the fall semester can be found at http://www.ic.edu/RelId/622610/ISvars/default/
We all have dreams. The question is how do you achieve your dreams? One way to do so is by setting goals. Studies have shown that 80% of people who have set goals have more of a success rate in achieving them than those who do not.

What is a goal? I call it a dream realized. One of the important things about setting goals is to be SMART about it.

S-Specific  
M-Measurable  
A-Achievable  
R-Results Oriented  
T-Time Limited

The most important thing is to write down your goals. This way you can check your progress and make adjustments if needed.

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TRiO Tip of the Week

“In truth, you don’t need to know how to achieve a goal or dream when you first think of it. What you do need is unwavering commitment fueled by a strong desire. Once you promise yourself you’d do whatever it takes to accomplish your goals and dreams, you often discover the method for achieving them.”

~ Skip Downing, 2011

Contribute to the Tribune!

Tell us your stories!!

Students are the collective conscience of Illinois College. The individual voices give meaning and purpose to the school as a whole. Therefore, consider contributing your voice. What are your successes, obstacles, and challenges as an IC student? The only requirement is that you be yourself.

Contact Jason Stalides—jason.stalides@ic.edu, 217-291-1621—for more information!

Next Issue:

- Making Positive Changes Issue!
- The elements of choice.
- Learn the steps to make and commit to positive changes.
- Tips on not only talk-the-talk, but also to walk-the-talk.
- Why enacting changes can be challenging.
- And more!