

Goal-Oriented Assessment of Learning (GOAL)

A. Career goals (private practice, academics, advocacy, leadership, research, writing etc.)

Long-term (>5 years away)

1. _____
2. _____
3. _____

Short-term (next 5 years of career)

1. _____
2. _____
3. _____

Why is this my calling and what are my core values?

1. Calling: _____
2. Core values: _____

B. Goals to meet by the end of residency that will help to reach my career goals

1. _____
2. _____
3. _____

C. Self-assessment of areas of confidence and challenge

Think about patient care (outpatient, inpatient, procedures), medical knowledge, population health, evidence-based practice, professionalism, and communication.

Areas where I am confident:

1. _____
2. _____
3. _____

Areas where I am challenged:

1. _____
2. _____
3. _____

D. Pursuits to help achieve goals:

For each pursuit (that pertains to you) describe the following:

1. *What am I **currently doing**?*
2. *What would I like to **do in the future**?*
3. *What are the **next steps** to make my future goals happen?*
4. *How is this pursuit **related to my larger career goals**?*

Clinical skills (obstetrics, procedures, etc.):

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

CME/conferences:

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Committees:

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Community project/community health:

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Electives (local, international):

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Information mastery (staying current with medical literature, efficiently using evidence-based resources to answer questions):

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Leadership:

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Medical knowledge (self-study, reading, etc.):

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Pathway (integrative medicine, global health, women's health, etc.):

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Presentations

Journal Club

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Primary Care Conference

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Scholarly project:

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Service

Professional

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Public/community

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

Teaching:

Current activities: _____

Future goals: _____

Next steps: _____

Relation to career goals: _____

What other pursuits/activities do I have that do not fit into a category?

1. _____

2. _____

3. _____

E. Three SMART goals for the next 6 months (Specific, Measurable, Achievable, Relevant, Time-based):

1. _____

Plan for achievement: _____

2. _____

Plan for achievement: _____

3. _____

Plan for achievement: _____

F. Three SMART goals in your personal life:

1. _____

Plan for achievement: _____

2. _____

Plan for achievement: _____

3. _____

Plan for achievement: _____

G. Team members (mentors/potential mentors, faculty, residents, classmates staff, faculty in other departments, other people who will help me meet my goals).

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10 +. _____

Resident GOAL Supplement
(Guide for updating GOAL every 6 months)

- A. Is this still my career goal? If not what has changed?
- B. What were my residency goals? Have these changed?
- C. List again 3 areas of confidence and challenge? In what ways have these evolved in the past 6 months?
- D. Review your progress in each of the pursuits. Redefine your goals and next steps in each pursuit. What is going well? Where are the obstacles?

What other things am I doing that don't fit into a category?
- E. What are my main goals for the next 6 months?
- F. Have I asked my mentors/guides to be part of the team? Is there anyone who no longer fits? Who should I add?