**Goal-Oriented Assessment of Learning (GOAL)**

**A. What are my core values (professional and personal)?**

**B. Career goals (academics, advocacy, international work, private practice, research, etc.)**

*Post-residency:*

*Long-term*:

**C. Goals for residency that will help me reach my career goals**

1.

2.

3.

**D. 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 and doing well:**

1.

2.

3.

**Areas where I am challenged and can improve**:

1.

2.

3.

**E. Pursuits to help achieve goals:**

*For each pursuit that pertains to you (some may not), list activities you are currently doing or hope*

*to do. Consider next steps and how the pursuits are related to your larger career goals.*

**Advocacy/policy:**

**Clinical skills** (obstetrics, procedures, etc.):

**CME/conferences:**

**Committees:**

**Community project/community health:**

**Electives** (local, international):

**Information mastery** (self-study, staying current with medical literature)

**Leadership:**

**Pathway** (developmental disabilities, geriatrics, global health, integrative medicine, maternity

care, sports medicine, women’s health)

**Presentations:**

*Journal Club:*

*Primary Care Conference:*

**Scholarly project:**

**Service:**

*Professional*:

*Public/community:*

**Teaching:**

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

**F. Three SMART goals in my professional life for the next 6 months** (Specific, Measurable, Achievable, Relevant, Time-based.). Consider your previously identified areas of confidence/challenge and pursuits**.**

1.

2.

3.

**G. Three SMART goals in my personal life for the next 6 months** (wellness, hobbies, family, etc.)

1.

2.

3.

**H. Team members** (mentors/potential mentors, faculty, staff, residents, and other people who will help

me meet my goals)

1.

2.

3.

4.

5.

*\*E-mail your updated GOAL form to your APD and faculty advisor prior to your biannual APD meetings.*