**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.*