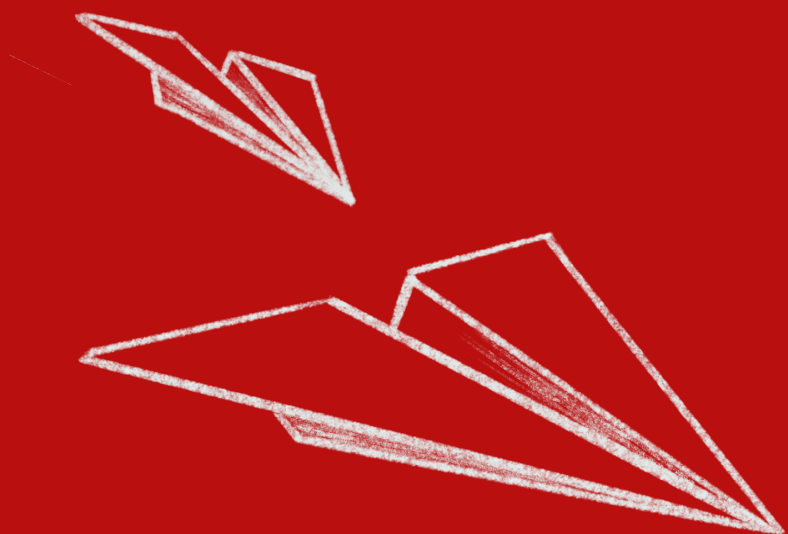


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PAPER PLANE FUTURE LAUNCH



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In this Issue:

How often do we hear about people setting up goals for themselves? Goals in life are the aspirations that individuals set for themselves in order to achieve their dreams and live a fulfilling life. These goals may be short-term or long-term and can vary depending on personal interests, values, and life circumstances. Setting goals can help individuals stay motivated and focused on what they want to achieve, as well as provide a sense of direction and purpose.

Regardless of the type of goals individuals set, it is important to have a clear plan of action for achieving them. This may involve breaking down larger goals into smaller, more manageable tasks, seeking out resources and support, and tracking progress along the way. With commitment, perseverance, and a positive mindset, individuals can achieve their goals and live a more fulfilling life.

Upcoming Events

- [Future Launch: Preparing for Academic Association](#)
Join us to learn more about postgraduate studies
- [Study Abroad in Berlin - HU Berlin Information Session](#)
- [International Student Gala](#)
- [Study Permit Application Information Webinar for Admitted Students](#)





Faisal Alam

Bachelors in Pharmaceutical Chemistry

“As a second-year student in Pharmaceutical Chemistry at York University in Canada, I have set long-term goals for myself that will allow me to achieve success in my personal, academic, and professional life. My name is Faisal Alam, and I am from Bangladesh. I aspire to become a successful businessman in the field of chemicals and make my parents proud. Here I will outline my personal, academic, and professional goals, and explain how I plan to achieve them.”

Faisal's Goals

Personal Goals:

My personal goal is to be a responsible and successful individual who is capable of making wise decisions that benefit me and those around me. I also want to maintain a healthy work-life balance and engage in activities that bring me joy and fulfilment. To achieve this, I plan to improve my time-management skills, cultivate healthy habits, and make a conscious effort to prioritise my well-being both physically and mentally.

Academic Goals:

As a student of Pharmaceutical Chemistry, my academic goal is to excel in my studies and achieve a high GPA. I also want to gain practical experience through internships and research opportunities which I plan to do this summer if I get any chance. To accomplish this, I plan to attend all my classes, study diligently, seek help when needed, and take advantage of any opportunities that come my way.

Professional Goals:

My ultimate professional goal is to become a successful businessman in the chemical industry, particularly in the field of pharmaceuticals. I plan to achieve this by gaining experience and knowledge in the industry through internships and networking, staying up to date on industry trends and regulations, and pursuing further education or professional certifications if necessary.

To achieve these goals, I plan to leverage the resources available to me at York University, including academic advisors, career services, and networking events. Additionally, I will seek guidance from successful entrepreneurs in the chemical industry, and I will use their experiences to inform my decision-making.

Furthermore, I understand that success is not always linear and that there will be setbacks and obstacles along the way. However, I am committed to persevering through these challenges and learning from my mistakes.

In conclusion, my personal, academic, and professional goals are all interconnected and complement each other. By maintaining a balance between these three areas, I am confident that I can achieve success in all aspects of my life.



Parina Taneja
Bachelors in Human
Resources Management

*“Hey everyone my name is Parina Taneja and I am currently a second year international student from India , majoring in Bachelors of Human resources of management. Being an international student comes with a lot of challenges but as we all know hard work eventually gets paid off sooner or later. In order to achieve this, I usually prefer setting and maintaining **SMART** goals that give me long-term vision and short-term motivation. I focus on acquiring knowledge and organise my time and resources so that I can make the most of my time. I have divided my goals into three aspects.”*

Parina's Goals

Personal Goals

As a university student my personal goals relate to developing professional skills, life skills, and relationship skills. I believe that young adults should aim to set both short-term and long-term goals. I usually show a range of interests and experiences that look great on resumes and push me outside of my comfort zone so that it can lead to great personal growth. My personal growth also aims towards becoming a better person and making my family and friends proud. In order to grow, I try to remain as resilient as I can. I keep challenging myself to do better than ever before and one thing which I feel is really important is to understand and accept that everyone grows at a different pace and makes progress in different forms .

Academic Goals

Being a college student is not all about gaining from each endeavour encountered. There are gains and losses simultaneously. Being a well-rounded individual can be very difficult as a student. For this reason, my academic goal is to be a well-rounded student and individual. A well-rounded student according to me can be defined as a student with a good GPA and with a role in at least one extracurricular activity. To achieve my goal, I would like to develop, excellent study habits, soft-skills and self-discipline in all areas of my life.

Professional Goals

Business Foundations has assisted me in pursuing my academic and professional goals.. My aim is to have a career with a job that I enjoy working every day. It would be a job that doesn't feel like a job and It's something I would be happy to do every day. Since I'm still a first year student, most of my focus is towards achieving my personal and academic goals first but I still try working on my professional side too by searching more and more about my field, opportunities and the wide perspective it offers. I keep looking for jobs and internships related to my field in order to get closer to my goal. Good professional goals provide a vision for your future career path and give you clarity on what new skills you need to acquire and who will be in your professional network that will enable your dream career.



Anirudh Krishnadas
Doctor of Philosophy in
Physics and Astronomy

“My name is Anirudh Krishnadas, and I am a passionate and dedicated individual with a keen interest in Physics and Astronomy. As a Ph.D. student, I am focused on pursuing my personal, professional, and academic goals to contribute to advancing the field of computational chemistry.”

Anirudh's Goals

Personal Goals

My personal goal is to become a well-respected scientist in computational quantum chemistry. This field holds tremendous potential to drive innovation and progress in various scientific areas, and I am eager to make a meaningful contribution. Furthermore, my interest in high-performance computing and its applications has grown steadily. Therefore, I am excited to explore this sector's possibilities to advance research and development.

Academic Goals

Pursuing my academic goals, I am dedicated to expanding my knowledge and expertise in Physics and Astronomy. I am committed to staying up-to-date with the latest research and developments and working on cutting-edge projects that can contribute to advancing the field. I am constantly seeking opportunities to collaborate with other researchers and experts in the area, and I am eager to learn from their experiences and expertise.

Professional goals

Pursuing my professional goals, I want to transition to the high-performance scientist industry. This industry offers unique opportunities to apply my skills and knowledge to real-world problems and make a significant impact. I am committed to staying up-to-date with the latest developments in the field and working on innovative research projects that can help drive progress in the industry. Aside from my professional goals, I am deeply committed to giving back to my community. I have gained valuable experience through volunteering for various organizations where I have had the opportunity to mentor students and guide them toward achieving their academic and career goals. Being a mentor not only helps students grow and achieve their goals but also helps me grow personally and professionally. I am passionate about promoting education and inclusivity in the community, and I am committed to contributing to initiatives supporting these values.



Ways to Achieve Short-term Goals

Achieving short-term personal goals can be a great way to build momentum and motivation towards achieving bigger, long-term goals. Here are some steps you can take to help you achieve your short-term personal goals:

Set Specific and Realistic Goals: The first step is to set a specific and realistic goal that you want to achieve. Make sure that the goal is achievable within a short period of time, and that you can measure your progress towards achieving it.

Break Your Goal into Smaller Tasks: Break your goal into smaller tasks or milestones that you can achieve on a daily or weekly basis. This will make the goal more manageable and help you stay motivated.

Create a Plan: Create a plan of action that outlines the steps you need to take to achieve your goal. This plan should include specific tasks, deadlines, and any resources or support you may need.

Take Action: Once you have a plan, take action immediately. Start working on the tasks you have identified and make progress towards your goal every day.

Accountability: Hold yourself accountable for achieving your goal by tracking your progress and regularly reviewing your plan. You can also share your goal with a friend or family member who can provide support and hold you accountable.

Celebrate Your Success: When you achieve your goal, take the time to celebrate your success. Reward yourself for your hard work and use your accomplishment as motivation to achieve your next goal.

By following these steps, you can successfully achieve your short-term goals.

Ways to Achieve Long-term Goals

Achieving a long term goal can be really tough when we do not have any solid plan about the work we need to do for achieving. So, at first we need to devise a proper plan, we can do it by using a physical or digital planner and start working on it by taking small steps. For achieving a long term goal, we also need to have a clear mindset, because at the end of the day having a clear mindset is what keeps us going. To be more precise, I want to mention 6 steps to achieve long term goals.

Visualising the goals: imagining what we really wanna achieve and start working accordingly. This will help us to avoid burnout.

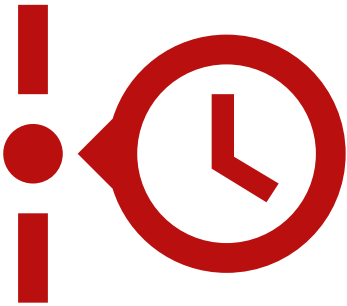
Write SMART goals: By SMART means, specific, measurable, achievable, realistic, and time bound. While achieving something we need to focus on these factors.

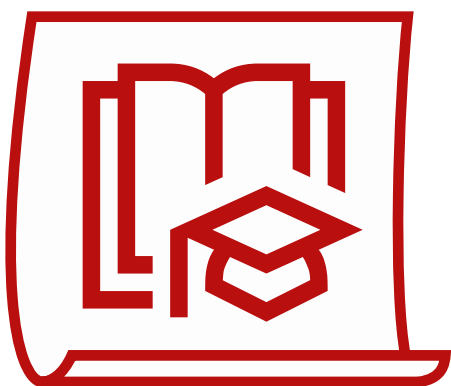
Making the long term goals into short term goals: Here we need to see long term goals as something short term so that we can have a mindset of achieving it on time. We have to break long term goals into short term goals.

Prioritise the goals: Prioritising the goal can help us to decide which one is important to work on

Making a plan to track the process: seeing we are progressing to achieve the goals. We have to make sure if there is anything that needs to be changed.

Being flexible: We shouldn't be hard on ourselves in the process of achieving anything, rather we should try to know ourselves more and start working according to that.





On-campus Resources

Personal Goals:

- **Learning Skills Services:** Learning Skills Services offers support to help students improve their study habits, time management, and organizational skills. They also provide workshops, individual consultations, and online resources to help students develop their academic skills.
- **Health and Education:** Health Education & Promotion offers programs and resources to help students improve their physical and mental health. They also provide support for students dealing with issues related to alcohol and drug use, sexual health, and healthy living.
- **York International:** York International offers support to international students to help them adjust to life in Canada and at York University. They provide information and advice on immigration, health insurance, housing, and other issues related to studying abroad.

Academic Goals:

- **The Writing Center:** The Writing Centre offers individual appointments, workshops, and online resources to help students at all levels improve their writing skills and succeed in their academic work. The Centre's trained writing instructors can assist with a range of writing needs, including essay writing, academic research papers, lab reports, and more.
- **PASS:** PASS stands for Peer Assisted Study Sessions, and it is a program where upper-year students who have successfully completed the course act as facilitators to lead weekly study sessions for groups of students. The program is designed to help students develop study skills, review the course content, and prepare for exams. **SNACK:** the Student Numeracy Assistance Centre (SNACK) at Keele Campus is an academic resource at York University that provides free tutoring and support for students who are looking to improve their mathematical skills



Career Centre



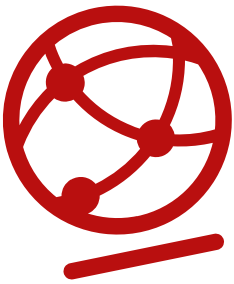
Internship Advisory



Work/Study

Professional Goals:

- **The Career Center:** The Career Centre offers a range of services and resources to help students identify their career goals, develop their job search strategies, and gain work experience. These services include career counselling, resume, and cover letter reviews, job search workshops and events, and access to job postings.
- **Internship and Co-op Program:** York University offers a number of internship and co-op programs that allow students to gain professional work experience while they study. These programs are offered in various fields and industries, and students can earn academic credit while working.
- **Work/Study:** The program provides part-time, on-campus job opportunities for eligible students, allowing them to develop their skills and gain valuable work experience in a variety of fields. Work Study positions are available in a wide range of departments and programs across the university, and students can apply for positions that align with their academic and professional goals.



Off-campus Resources

Professional:

- **Job search websites:** There are many job search websites available online, such as LinkedIn, Indeed, and Glassdoor. These websites allow you to search for job opportunities, connect with potential employers, and research companies in your industry.
- **Professional development courses and workshops:** Many organizations and educational institutions offer professional development courses and workshops that can help you develop new skills, enhance your existing skills, and prepare for career advancement.
- **Conferences and networking events:** Attending conferences and networking events can be a great way to meet professionals in your field, learn about the latest industry trends, and gain new insights and perspectives.

Academic

- **Public libraries:** Public libraries offer access to a wide range of academic resources, including books, journals, and online databases. Many public libraries also offer study spaces, computer labs, and other resources that can be useful for students.
- **Research institutions:** There are many research institutions across Canada that offer resources and support for academic research. These institutions may offer access to specialized libraries, research databases, and other resources that can be helpful for students conducting research in specific fields.
- **Online learning platforms:** There are many online learning platforms, such as Coursera, Udemy, and Khan Academy, that offer free or low-cost courses in a variety of subjects.