

University of Phoenix Material

Case Study  
Worksheet

Case Study Worksheet

Read the case's scenario (for example, "SMART" versus "not SMART" versus "the Career Plan Building Activities") and the Case (Plan Building Activities). Respond to the following in 75 to 100 words each.

1. Describe one academic goal that you have created using the SMART criteria. Describe SMART characteristics for your academic goal.

One goal I have using the SMART criteria is to attain certification from workday systems as I am going through HR with a focus on HR systems. The SMART criteria helps me to have specific and measurable about my goals and also helps me set more specific goals that I can track that is achieve.

2. Describe one professional career goal you have created using the SMART criteria and Case (Plan Building Activities) results. How did the results of the Career Interest Profile and Career Plan Building Activity or Competencies contribute to your professional goal development?

A career goal I have created using the SMART criteria that by August of 2024 is attainable all my research about the job field I am wanting and set up a timeline. The career interest profile and competencies contributed to the development by matching the skills suitable careers for my interests and showing me other skills I have and need to work on.

3. Describe the career and time management strategies you have learned this week that will help you achieve your goal.

The time management strategies I learned that would be most suitable to me are building a long-term strategy plan, using a planner, and setting specific times to do my work. To reach the management strategy goal I will get an assistant to help my work and the planner strategy managing my time and strategies to be studying, finding enough sleep and eating healthy will also help reduce stress and anxiety levels.

4. Describe how you will balance academic responsibilities and your personal and professional responsibilities.

Academy will help to not have any professional responsibilities but managing my academic responsibilities and personal responsibilities is making budget. I try not to get over stressed for other activities than my college responsibilities I use a calendar to schedule my days and make sure I have time for both I always try to have some time scheduled during the day just to have something to do after I finished my work for something else.

5. Describe your understanding the importance of SMART criteria and your career interests and competencies that you have learned your career and academic goal?

The SMART criteria helps me set more specific and attainable goals for my academic and career future. The career interest profile helps me to see what career I am more interested in so I can try to get a career that fits my interests. It's good to know my interests and skills more than just myself. It helps a variety of careers that suits my interests. It also gives me a budget to get what I need to be doing during my the competencies helped me realize what my strengths and weaknesses are so I can build on them to help progress me for my career.