

Goal Setting Learning Guide ^[1]



SkillSoft and Lynda.com have the resources you need to support your learning.

With thousands of courses and resources, it can be overwhelming to figure out where to start. This guide will connecting you with online resources to start your learning.

- [Learning Resources](#)
- [Access These Materials](#)

Setting and Achieving Goals

Start with Videos



- [S.M.A.R.T Goals](#) ^[2]
 - [Aligning Unit Goals with Company Goals](#) ^[3]
 - [Break Down Big Goals](#) ^[4]
 - [Achieve Goals with If-Then Plans](#) ^[5]
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Print it for Later



- [From Goals to To Do Lists](#) ^[6]
 - [Prioritizing Actions and Setting Goals](#) ^[7]
 - [Ask Questions to Clarify Your Goals](#) ^[8]
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Dig Deeper with Courses

- [Reaching Goals Using Perseverance and Resilience](#) ^[9]
 - [Six Sigma and Organizational Goals](#) ^[10]
 - [Successful Goal Setting](#) ^[11]
 - [Defining and Achieving Professional Goals](#) ^[12]
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Continue Learning with Books and Additional Resources



- Goal Setting: How to Create an Action Plan and Achieve Your Goals [13]
- Perfect Phrases for Setting Performance Goals: Hundreds of Ready-to-Use Goals for any Performance Plan or Review [14]
- 16 Actions to Take to Achieve Any Goal [15]
- CU Microlearning: Setting Goals [16]

Faculty



Skillsoft

Log on to Skillsoft:

1. Log on to your campus portal (<https://www.cu.edu> [17])
2. Select the **Skillsoft** tile on the homepage

Lynda.com

Log on to Lynda.com:

1. Log on to your campus portal (<https://www.cu.edu> ^[17])
2. Open the dropdown menu at the top of the screen and select **Training**
3. Select the **Lynda.com** tile. (Lynda.com will open in a new window.)

Students



CU Boulder

1. Log on to your student portal ^[18]
2. Click **Training**, in the lower right navigation
3. Click **Start Skillsoft**

UCCS

1. Log on to your student portal ^[19]
2. Click **Training**, in the lower right navigation
3. Click **Start Skillsoft**

CU Denver | CU Anschutz

1. Log on to your student portal ^[20]
2. Click **Training**, in the navigation banner
3. Click **Start Skillsoft**

Students do not have access to Lynda.com.

Staff



Skillsoft

Log on to Skillsoft:

1. Log on to your campus portal (<https://www.cu.edu> [17])
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Groups audience: Employee Services

Source URL: <https://www.cu.edu/employee-services/career-advancement-learning/learning/learning-guides/goal-setting-learning-guide>

Links

[1] <https://www.cu.edu/employee-services/career-advancement-learning/learning/learning-guides/goal-setting-learning-guide>

[2]

<http://universityofcolorado.skillport.com/skillportfe/custom/login/saml/login.action?courseaction=launch&assetid->

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[11] <https://www.lynda.com/Business-Skills-tutorials/Successful-Goal-Setting/728377-2.html?srchtrk=index%3a1%0alinktypeid%3a2%0aq%3a-%09Successful+Goal+Setting+%0apage%3a1%0as%3arelevance%0asa%3atrue%0aproducttypeid%3a2>
[12] <https://www.lynda.com/Leadership-Management-tutorials/Defining-Achieving-Professional-Goals/578057-2.html?srchtrk=index%3a2%0alinktypeid%3a2%0aq%3a-%09Defining+and+Achieving+Professional+Goals%0apage%3a1%0as%3arelevance%0asa%3atrue%0aproducttyp>
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[15] <http://www.entrepreneur.com/article/318347>
[16] <https://www.cu.edu/employee-services/career-advancement-learning/learning/learning-guides/setting-goals-microlearning>
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<http://ping.prod.cu.edu/idp/startSSO.ping?PartnerSpId=SP:EnterprisePortal&IdpAdapterId=ColoradoSpringsDir>
[20] <http://passport.ucdenver.edu/login.php>