

TAMING TRANSITIONS

Questions? lucas.osu.edu or email powers-barker.1@osu.edu

How to anticipate a successful transition

- Acknowledge the good and the bad
- Plan ahead
- Be in the moment
- Practice self-compassion
- Connect with others

SMARTER Goals

- Specific, significant, stretching
- Measureable, meaningful, motivational
- Attainable, action-oriented, achievable
- Realistic, relevant, rewarding
- Time-based, timely, tangible
- Evaluate, excitable
- Review & rework

Taming Transitions Goal:



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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