

## CONTINGENCY PLANS

*While hoping for the best, prepare for the worst. Always have a contingency plan.*

*-Akinleye Isaac*

This component of the portfolio will be crucial for your personal use. You need to ensure that you always have a back-up plan for all your SMART Goals. This activity will require research and planning. Your coordinators will assist you with the project, but you must decide what is your plans.

How do you plan for these goals? Ask yourself these questions:

1. What is the goal and why did I make this goal?
2. What is the reward of this goal?
3. What are the steps required to achieve this?
4. How will I be going to complete these steps in the process?

You can be slightly vague with some of the steps. For example, if you are aiming to gain muscle mass, instead of writing the whole programme and then your contingency is to change the number of squats or curls you do, just put change the programme to place more focus on other muscles groups

A contingency plan is essentially a back-up plan for when your first plan fails. It is important to have this in life and shows agility to life's setbacks. The question, "If I fail, what can I do to ensure I achieve this goal" should be answered. Some SMART goals cannot have a contingency plan like some time-sensitive goals. In these cases, the contingency is reassessing the goal to see if you can still solve the problem. For example:

I will get the UWI Open Scholarship for B. Sc. Accounting in either both of my attempts.

*Context: You can only apply for the UWI Open twice*



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If I should fail this, I should ask myself, what other scholarships can I get in my second and final year? Can I work to earn the Principal Award for Excellence that could reduce my tuition?

PLAN B: If I do not get the scholarship, I will apply for:

- i. The Jamaica Open Scholarship from the Government
- ii. NCB Foundation Scholarships
- iii. Apply for other full scholarships
- iv. Get a loan from the SLB

This is how a contingency plan should be structured

For example:

2. I would like to also graduate from the UWI in the next 6 years from now with a bachelor's in science in Biochemistry and Molecular Biology with an GPA above 3.8 with a reduced cost in tuition

a. To get to this goal, I must:

- i. Find motivation and inspiration to achieve that goal
- ii. Eliminate distractions and employ the study strategies
- iii. Study hard and practise for exams

b. To get to this goal, I must:

- i. Find motivation and inspiration to achieve that goal
- ii. Find external assistance through professors
- iii. Speak with people who have already done the courses
- iv. Find mentors and tutors to support and guide me

c. If I do not achieve this goal, I will:

- i. Attend UTECH and complete their BSc in Forensic Chemistry



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ii. Graduate and start to work

OR

i. Attend NCU and complete their BSc in Biochemistry

ii. Attend UWI after graduating to do the MSc in Forensic Biology

Goal	Plan A	Plan B	Plan C
1. I would like to also graduate from the UWI in the next 6 years from now with a Bachelor of Science in Biochemistry and Molecular Biology with an GPA above 3.8 with a reduced cost in tuition	<p>a) Find motivation and inspiration to achieve that goal</p> <p>b) Eliminate distractions and employ the study strategies</p> <p>c) Study hard and practise for exams</p>	<p>- Find motivation and inspiration to achieve that goal</p> <p>- Find external assistance through professors</p> <p>- Speak with people who have already done the courses</p> <p>- Find mentors and tutors to</p>	<p>- Attend UTECH and complete their BSc in Forensic Chemistry</p> <p>- Graduate and start to work</p> <p>OR</p> <p>- Attend NCU and complete their BSc in Biochemistry</p> <p>- Attend UWI after graduating to do the MSc in Forensic Biology</p>



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		support and guide me	
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### Instructions

You must do all contingency plans for all the smart goals that you mentioned. Try to do some research because you may have to use your contingency for some goals.