

Name \_\_\_\_\_ Date \_\_\_\_\_ This goal: Academic \_\_\_\_\_ Non-academic \_\_\_\_\_

## GOAL-SETTING

**Specific** [Avoid vagueness: “more,” “higher,” “improve”]

**Measurable** [Measurability will help you know if you achieved your goal]

**Attainable** [Synonyms: reasonable, realistic. Gap between what is now and what is desired is not too big.]

**Relevant** [Must be important to you. This will give you incentive to keep going.]

**Time-bound:** [When will you assess whether your goal has been met?]

GOAL: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

STEPS TO ACCOMPLISH GOAL: (WORK WITH A PARTNER ON THIS)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

POSSIBLE OBSTACLES & WAYS TO OVERCOME THEM (WORK WITH PARTNER)

POSSIBLE OBSTACLE	WAY TO OVERCOME IT

\_\_\_\_ **GOAL ACCOMPLISHED!**

\_\_\_\_ **NOT THIS TIME**

HERE'S WHAT I LEARNED: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_