## Goal Setting Worksheet

**Student:** Ima Student

**Date:** Fall 2013

### My Strengths

| I am skilled in social situations and make friends easily. I enjoy English and history in school. I learn best by listening and I can remember things for a long time once I’ve memorized them. I enjoy playing sports, most specifically volleyball. Academically, writing and reading comprehension are areas of strength. |

### My Challenges

| Math, science, and foreign language are the biggest learning challenges for me. Additionally, organization is difficult, and I tend to procrastinate on school work. Although my strengths in working/socializing with others are helpful, when I spend too much time on these things, I don’t get my own work completed. |

### Goals:

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<th>Plan</th>
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| **Academic Goals** | - Create a “big picture” of class expectations at the beginning of the school year.  
- Make a weekly study schedule.  
- Find and use tutoring services for classes that are in my areas of challenge. | - Create a “master syllabus” in my planner by the end of the first week of classes.  
- Weekly self-evaluate how closely study schedule was followed.  
- Follow up with email to parents for accountability until at least 90% accuracy with following the schedule is reached for 30 days.  
- Visit the math tutoring center to learn how to use this resource.  
- Take my first English paper to the English tutoring center to receive feedback prior to submitting it to the instructor. | - Daily planner  
- Email  
- School website, math department office  
- School website, English department office |
| **Social Goals** | - Plug in to campus opportunities and explore organizations on campus.  
- Explore campus intramurals (e.g., volleyball). | - Check to see if the campus supports a student organization related to my intended major. If so, find the meeting schedule for the upcoming semester. If the schedule is not posted, find the name of the contact person (usually the president or secretary of the organization) and send an email to inquire about the date of the first meeting and express an interest in attending.  
- Attend at least one campus organization prior to first-semester midterms.  
- Check out volleyball intramural schedule and decide whether to participate during the first semester. | - School website  
- Student organization office/student life  
- Intramural office/student life |
| **Health and Wellness Goals** | - Find out about campus intramurals (e.g., volleyball).  
- Build exercise time into daily schedule at least 5 days each week. | - Check out volleyball intramural schedule and decide whether to participate during the first semester.  
- Begin following daily exercise routine in the first week of school to establish a habit. | - School website  
- Student organization office/student life  
- Intramural office/student life  
- School recreation facility |
| **Daily Living Goals** | - Learn location of all classes in fall schedule.  
- Learn bus routes that apply to my classes and needs. | - Walk through schedule before the first day of classes.  
- Ride through bus routes before the first day of classes. | - Campus map and bus schedule  
- Semester schedule |