Goal Setting Worksheet

Student: Ima Student	Date: Fall 2013	
My Strengths	My Challenges	
I am skilled in social situations and make friends easily. I enjoy	Math, science, and foreign language are the biggest learning challenges for	
English and history in school. I learn best by listening and I can	me. Additionally, organization is difficult, and I tend to procrastinate on	
remember things for a long time once I've memorized them. I enjoy	school work. Although my strengths in working/socializing with others	
playing sports, most specifically volleyball.	are helpful, when I spend too much time on these things, I don't get my	
Academically, writing and reading comprehension are areas of strength	own work completed.	

Goals:

Strand	Goal(s)	Plan	Resources
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

