



GOAL PLANNING

What is my goal?

What does success in my goal look like?

What does success in my goal NOT look like?

How long do I have to achieve this goal?

What will it take from me to achieve this goal?

How often will I check in on my goal?

What will I have done by each check-in?

What planning strategies have worked for me and I will continue to use?

What new strategies will I use?

Notes



GOAL PLANNING TIPS

What is a Goal?

Goals are a desired result that you plan to achieve (ex: get an "A" on a test or finish an assignment).

What is Success in Your Goal?

It is important to identify what you see as success in your goal to hold yourself accountable as you move towards your end goal. It is also important to identify what you consider to not be success in your goal to keep yourself on track as you move towards your end goal.

What is Your Goal Timeline?

It is important to know what the timeline of your goal is in order to create your action plan. The steps you are going to take for a short-term goal are different than the steps you would take for a long term goal. Knowing when you need to complete your goal by will help you assess your next steps.

Learning From Your Past Strategies:

When setting a goal, it is helpful to reflect on your past goals and identify what strategies worked for you and what didn't. Continue to use the strategies that have worked for you before. Re-assess what didn't/why and what new strategies can help you to be successful in the future.

Want more? Visit the Academic Success Center at the Newton Gresham Library, 2nd floor, to see our Learning Coaches for hands on application techniques and strategies!

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