Name:_________________________________________ Date:___________________

State an academic goal for yourself:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What action(s) is required to reach this goal? What steps will you have to take?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How will you know when your goal has been reached? What does it look like?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

When do you expect to meet your goal?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

There are often things that prevent us from reaching goals. Identify what may prevent you and what strategies you will use to confront these barriers:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________