



GOAL SETTING

- Make sure you set goals that you can realistically reach.
 - Striving to score 100% on every test you take in every subject all year long is honorable, but not very probable. Striving for a 75% average throughout the year may be more likely, depending on where you are starting from.
- Along the same lines, break your big goals up into bite-sized chunks.
 - If what you really want is to pass Physics this year (your second try at it), work first on passing the first semester, or the first test, or the first assignment, or even getting through the first week without dropping the course!
- Set goals that you can measure in some way.
 - If you say that you want to do better in Math, it will be difficult to say at the end of the year if that goal was achieved. Instead, say you want to raise your grades by 15% in Math, or from a C+ to a B.
- Set a specific time-frame to achieve your goals.
 - Often academic goals will be for the school year, or by the semester, but some of them may be for a month, or even for the next two or three years.
- Finally, write your goals down or tell someone close to you what they are. Then you will be forced to be specific about them, you can refer to them throughout the year, and you can see how you measured up in the end.
 - It is a proud feeling to set goals and achieve them.

Be SMART with you goal setting!!

S: SPECIFIC; Describe what you want to accomplish with as much detail as possible.

M: MEASURABLE; Describe your goal in terms that can clearly be evaluated.

A: ACCOUNTABLE; Describe what you will do to help take responsibility for your goals.

R: REALISTIC; Describes your goal in terms that are reachable, not impossible.

T: TIME ORIENTED; Describe the time window in which you want to accomplish your goals.



HOW TO SET YOUR SEMESTER GOALS

Now that you have your college goals in place, the next logical step is to set goals for your semester. The reason for semester goals is similar to the reason for your college goals---to have something to work toward and to know if you've reached your destination. The major difference is that you get to see the results of your semester goals much sooner.

Keep in mind that your semester goals are the small steps needed to get to your college goals. To end up with a successful academic semester, you'll need to:

- Set goals for this semester
- Set your priorities
- Set a study schedule
- Manage your study time

With semester goals in place, it is easier for you to focus on each activity without having to worry about the details of your other activities. As with college goals, there are steps to follow and questions to answer. To set your semester goals:

1. Find a quiet, comfortable place where you can think and write
2. Imagine yourself at the end of the semester
3. Write down your academic achievements for the semester
4. Put your goals where they're safe and you can see them every day

Information provided by: CHAMPS/Life Skills Program