

SOPHOMORE GOAL SETTING WORKSHEET



Guidelines for writing goals:

1. Select an academic goal you have control over.
2. Ask if the goal is too big or too easy.
3. Avoid using vague words, such as: some, more, often, better.
Use measurable terms.
4. Be sure the goal is YOURS, and not someone else's.

What Will You Do?

Nine-week goal: (short-term)

- 1.
- 2.
- 3.

Semester goal:

How will you measure your progress? Be specific and detailed.

- 1.
- 2.
- 3.
- 4.

Who or what will verify that you have reached the goals?

- 1.
- 2.
- 3.

What do you need to do differently to help you to obtain these goals? List your ideas below.

(Place in binder)