

FRESHMAN GOAL-SETTING WORKSHEET

Guidelines for writing goals:

1. Select a goal over which you have control.
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.

Name _____ Date _____

First Quarter Goal: (short-term)

1. _____
2. _____
3. _____

Semester goal (long-term):

4. _____

How will you measure your progress? Be specific.

1. _____
2. _____
3. _____
4. _____

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

1. _____
2. _____
3. _____
4. _____

What do you need to do differently to help you to obtain these goals? List ideas on back.
