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PLANNING FOR ACADEMIC SUCCESS: GOAL SETTING WORKSHEET

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ACADEMIC SUCCESS RESOURCE AND WORKSHEET



Write down your goal:

Is it a SMART goal?

Specific? Measurable? Attainable? Relevant? Time Based?

Why is it important for you to achieve this goal?

NORTH CAMPUS: Academic & Career Success Centre, Learning Resource Commons, First Floor, 416.675.6622 ext. 5030

LAKESHORE CAMPUS: Student Welcome and Resource Centre, First Floor, WEL 105, 416.675.6622 ext. 5028

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PLAN:

Break your academic goal into small steps that will help you work toward your main goal. Remember that each step must be measurable and attainable.

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Step	Time Needed	Deadline

Look Ahead

For each step above, think about any resources or support needed. What potential obstacles might arise? How will you overcome each obstacle? Who can support you?

Possible Obstacle	What is Needed to Overcome the Obstacle?	Who Can Support Me?

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Visualize Your Success

How will you know you have achieved your goal? What will it look like and feel like? How will you reward yourself?

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Reward Yourself

Do something, buy something, eat something, see something, go somewhere.

Source: CU-Boulder, College of Engineering & Applied Science, Academic Coaching & Success.

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