

Goal Setting

MEDIUM-TERM Goal Setting – this year

What are your goals for this year? On the following list, choose **FIVE** goals that are important to you.

- to make new friends with similar interests
- to get good grades in my assessments
- to attempt to attend all lectures and tutorials and to be on time
- to prepare a realistic study timetable that recognizes my life commitments; and trial this for one semester
- to get/maintain a part-time/full-time job
- to ask for help when I need it
- to participate in my learning community (discussion board OR on campus)
- to improve my academic writing skills
- to participate in social activities
- to learn more about a subject that interests me
- to adopt a healthy lifestyle, e.g. healthy eating; regular exercise
- to begin exam revision early in the semester
- Other (specify): _____

Now, consider the two goals that are the most important to you. Write some ideas about what you can do to help you reach these goals.

Goal 1:

Goal 2:

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