

Goal Setting

Characteristics of Academic Goals

- specific
 - The more specific your goal, the more likely you are to achieve it. For example, “I will do well in ECO 145” is not a specific goal, because it doesn’t define what “well” means for you. A specific academic goal would be “I will get an 85 on my ECO 145 4’oclock”.
- measurable
 - Setting measurable goals allows you to assess your progress and see how successful you have been in reaching your goal.
- challenging but realistic
 - Set goals that are realistic for your situation, and your skills, talents and interests. Reaching an initial realistic goal will encourage you to set an even more challenging goal next time.
- flexible
 - Be prepared to reassess and revise your goal if necessary. Alter your goal if the situation demands it, but be sure that the reason you’re changing your goal isn’t because you feel discouraged. Also, be flexible and creative with the steps you need to take in order to achieve your goal.
- controllable
 - You can only change what is under your control, so make sure your academic goals are within your power and that you are the person who is in charge of your goal-setting.

When Setting Short-Term Academic Goals...

- Be specific and write out your goals
- Identify what you need to do in order to meet that goal
- Identify possible obstacles to achieving goal
- Determine how to overcome these obstacles
- Evaluate your progress toward reaching your goal
- Modify or adjust what you need to do in order to meet that goal as needed