

# Goal Setting Worksheet

**Instructions:** Section I provides 4 areas of improvement for students to work on. Under Section II, set goals that will enable you to address each area of improvement. In addition, list action items and any supporting resources relevant to each goal. An example is provided below.

## Section I: Areas of Improvement

1. Academics – *How will you improve as a student this semester/school year?*
2. Social – *How will you create relationships with your peers on campus?*
3. Personal – *How will you prioritize your well-being this semester/school year?*
4. Professional – *How will you participate in your professional development this semester/school year?*

## Section II: Setting Goals (Example)

Area of Improvement	Goal(s)	Action Items	Supporting Resources
1. Academics	1. Achieve a B+ in Organic Chemistry	1. Create Quizlets for all organic chemical compounds 2. Attend all SI Sessions 3. Do a chapter exercise each night	SI sessions, office hours, textbook, WISE tutoring, TA, instructor
	2. Achieve an A+ in Underwater Basketweaving	1. Reserve pool time at the Co-Rec for practice 2. Practice weaving techniques each night 3. Practice holding breath underwater	Co-Rec, office hours, Home Depot, textbook, Michael Phelps, TA, instructor

## Section II: Setting Goals

Area of Improvement	Goal(s)	Action Items	Supporting Resources
1. Academics	1.	1. 2. 3.	
	2.	1. 2. 3.	
2. Social	1.	1. 2. 3.	
	2.	1. 2. 3.	
3. Personal	1.	1. 2. 3.	
	2.	1. 2. 3.	
4. Professional	1.	1. 2. 3.	
	2.	1. 2. 3.	