**GOAL SETTING**

Advisory Activity-Freshman

**Topic:** Goal Setting for Academic Success

**Time Required:** 30 minutes

**Goal:**

Students will set short- and long-term goals for the sophomore year.

**Objective:**

Students will review the guidelines for setting personal and academic goals.

**Materials:**

**1.** Goal Setting Worksheet

**2.** Pen/pencil

**Procedures:**

**1.** Give each student a Goal Setting Worksheet.

**2.** Go over the guidelines at the bottom of the list for writing good goals.

**3.** Use some of the questions below to encourage a discussion on the importance of setting long- and short-term goals.

**4.** Be sure to allow time in the session to let students identify their goals.

Suggest two short-term and one long-term goal.

**Discussion Questions:**

**1.** Why is it important to set goals?

**2.** Does setting goals help you? How?

**3.** Is it hard to think of goals that you would like to achieve?

**4.** What do you think you might need from your classmates or advisor to help you reach your goal?

**Closing Statement:**

The start of the freshman year is a critical time for students. Help them to identify their academic and personal goals.

**Goal Setting Worksheet**

**Guidelines for writing goals:**

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

**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.

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**What Will You Do?**

Ten-week goal: (short-term)

**1.**

**2.**

**3.**

**Semester goal:**

**1.**

**2.**

**3.**

**How will you measure your progress? Be specific.**

**1.**

**2.**

**3.**

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

**1.**

**2.**

**3.**

**What do you need to do differently to help you to obtain these goals? List ideas below. Use an additional sheet if needed.**

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