

My Goals for this Grading Period

Name: _____

Date: _____

Long-Term Academic Goal for this Grading Period

What is one **long-term academic goal** you'd like to reach by the end of this grading period?

Is it a SMART (specific, measurable, achievable, relevant, timely) goal? Yes No

Why is this goal important to you? _____

Supporting Short-Term Goals for this Month

*These are goals to help you achieve your long-term academic goal identified above. Write **2 short-term goals** that you can accomplish this month and that will **help you reach your long-term goal** below.*

1. **Short-term goal #1:** _____

i. Is it a SMART (specific, measurable, achievable, relevant, timely) goal? Yes No

ii. How important is it for you to meet this goal (on a scale from 1 to 10)?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	9	10

Not At All Important

Very Important

iii. List the most important reason(s) for meeting this goal:

iv. How confident are you that you will meet this goal (on a scale from 1 to 10)?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	9	10

Not At All Confident

Very Confident

v. List some reasons that you're confident you'll meet this goal (or explain what would need to happen for you to become more confident):

vi. When do you want to achieve this goal by?

vii. What steps will you take to reach this goal?

viii. Who can help you reach this goal?

2. Short-term goal #2: _____

i. Is it a SMART (specific, measurable, achievable, relevant, timely) goal? Yes No

ii. How important is it for you to meet this goal (on a scale from 1 to 10)?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	9	10
Not At All Important							Very Important		

iii. List the most important reason(s) for meeting this goal:

iv. How confident are you that you will meet this goal (on a scale from 1 to 10)?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	2	3	4	5	6	7	8	9	10
Not At All Confident							Very Confident		

v. List some reasons that you're confident you'll meet this goal (or explain what would need to happen for you to become more confident):

vi. When do you want to achieve this goal by?

vii. What steps will you take to reach this goal?

viii. Who can help you reach this goal?