

Reviewing Semester Goals: Part I

Setting goals is a great way to plan for your future and strive for excellence, but it is even more important to **review your goals** and assess where you are on your path to meeting them. Perhaps an unforeseen obstacle or challenges has popped up that you need to plan around or maybe your original goal was too easy and you need to raise the bar. With the end of the semester in sight, it is important to take a second look at your goals:

Step 1) Review your Goals

What were your SMART Goals for the semester?

- 1.
- 2.
- 3.

Step 2) Consider your Progress

Are you on track to meet each goal?

Step 3) Consider your Action Plan

What steps are you taking to meet your goals? What's working, and what more can you try?

Step 4) Review Applicable Resources

What resources would be helpful for you to utilize to meet your goals?

Step 5) Praise your Progress

What has gone right? Make sure to give yourself credit for the progress you've made!

Step 6) Examine your Challenges/Setbacks

Step 7) If necessary, update your SMART Goals (Specific, Measurable, Achievable, Realistic, Timely)

1.

2.

3.