

Examples of Goals and Specific Tasks Necessary to Accomplish Them

Goal 1: *I intend to earn a “B” in statistics this semester.*

Tasks: I will study for a minimum of two hours outside class each day.

I will meet with the statistics study group immediately after class each day and review the lecture material and upcoming assignment.

I will earn at least a “B” on every assignment. When I am confused about what I’m trying to learn, I will meet with a tutor in the Student Success Center.

I will enroll in SDEV 101, “Achieving Academic Success,” in order to improve my study habits.

Goal 2: *I intend to attend all the classes for each course I’m enrolled in this semester.*

Tasks: I will consider my attendance a requirement rather than a negotiable part of the course.

I will set two alarms to make sure that I get out of bed and start my class schedule each day.

I will make an attendance contract with one student in each of my classes.

Goal 3: *I intend to find out how to deal with my test anxiety.*

Tasks: I will attend the workshop on test anxiety sponsored by the Counseling Center.

I will make an appointment with my counselor to talk about my test anxiety last semester.