

PLAN for Success

Name _____ Student ID# _____ Date _____

Address _____

Good intentions alone do not guarantee success. Success is three times more likely when you make a specific plan for accomplishing your intentions. Use the following five steps to guide you in making a plan for success.

STEP 1

Consider the factors that have made success in college difficult for you.

The personal issues are...

The course problems are...

The study habits hindering my progress are...

The motivational problems are...

STEP 2

Review the factors you've identified in STEP 1. Use these factors to determine what goals to set for yourself in the following semester in order to improve. Be specific.

Goal 1: I intend to...

Goal 2: I intend to...

Goal 3: I intend to...

Goal 4: I intend to...

Goal 5: I intend to...

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STEP 3

Decide on a plan for how to accomplish the goals identified in STEP 2. List the specific tasks necessary for you to achieve each goal. Follow these guidelines:

- Define tasks as concrete actions that can be measured.
- Keep tasks small and manageable.
- Choose tasks that are top priority.
- Include precise times for starting and finishing.
- Make tasks independent of the actions of other people.
- Use rewards to support rather than undermine your efforts.

Tasks for Goal 1:

Tasks for Goal 2:

Tasks for Goal 3:

Tasks for Goal 4:

Tasks for Goal 5:

STEP 4

Determine what help and support you will need from others to accomplish the goals identified in STEP 2.

I will need...

I will need...

I will need...

I will need...

STEP 5

Carry out your plan. Periodically evaluate how you need to adjust your plan. Return for follow-up with your counselor after the semester begins. Appointments may be arranged through the Counseling & Advisement Center Reception Desk in K Building, (410) 455-4382.

This *PLAN for Success* has been reviewed with counselor _____.