

Figure 3 Goal Setting

Most Students find success when they make adjustments in the following areas. Use the chart to evaluate yourself in these areas and set some goals. **Example of a specific goal that could be demonstrated and assessed: Time Management: I will create a “to do” list each Sunday and write what I need to get done on my planner for the week. Goal that is too general: Use my time effectively.**

<b>Reading</b>  SMI    INFP	<b>Strengths:</b>  <b>Weaknesses:</b>	<b>Goals</b>
<b>Organization</b>  MOT   ANX   TMT   ATT	<b>Strengths:</b>  <b>Weaknesses:</b>	<b>Goals</b>
<b>Studying</b>  SFT   UAR	<b>Strengths:</b>  <b>Weaknesses:</b>	<b>Goals</b>
<b>Test-Taking</b>  TST   UAR	<b>Strengths:</b>  <b>Weaknesses:</b>	<b>Goals</b>
<b>Time Management</b>  TST        UAR	<b>Strengths:</b>  <b>Weaknesses:</b>	<b>Goals</b>
<b>Oral Communication</b>  INFP   SMI   ANX   ATT   UAR	<b>Strengths:</b>  <b>Weaknesses:</b>	<b>Goals</b>
<b>Motivation/Growth Mindset</b>  MOT   ANX   ATT	<b>Strengths:</b>  <b>Weaknesses:</b>	<b>Goals</b>