

HOW TO GROW YOUR GOALS

A large, bold, blue letter 'G' with a yellow outline and a yellow shadow, positioned to the left of the 'Goal' section.

Goal:
What do you want?

- How will you know when you have achieved your goal?
- Over what time frame do you want to achieve your goal?

A large, bold, blue letter 'R' with a yellow outline and a yellow shadow, positioned to the left of the 'Reality' section.

Reality:
Where are you now?

- What is happening, at this moment, in relation to your goal?
- What have you already done/what are doing to work towards your goal?

A large, bold, blue letter 'O' with a yellow outline and a yellow shadow, positioned to the left of the 'Options' section.

Options:
What could you do to accomplish your goal?

- What steps could you take to reach your goal?
- Who could you ask for help?
- What has helped you achieve similar goals in the past?

A large, bold, blue letter 'W' with a yellow outline and a yellow shadow, positioned to the left of the 'Will' section.

Will:
What will you do to accomplish your goal?

- What actionable steps will you take to reach your goal?
- What will help you to commit to those steps?

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Goal:
What do you
want?

- I want to end this semester with an "A" in CRJ110.

A large, bold, blue letter 'R' with a yellow outline and a yellow shadow, positioned to the left of the 'Reality' section.

Reality:
Where are you
now?

- I currently have a "C+" in CRJ110.
- I got a "C-" on the last exam.
- I have scheduled a meeting with the SSRC to discuss study and time management strategies
 - The meeting is scheduled for 2/27 at 2PM.

A large, bold, blue letter 'O' with a yellow outline and a yellow shadow, positioned to the left of the 'Options' section.

Options:
What could you
do to accomplish
your goal?

- I could use a planner to keep track of upcoming assignments and exams.
- I could create a study group with friends from class.
- I could go to Dr. Iannacchione's office hours to discuss content I do not understand prior to the exam.

A large, bold, blue letter 'W' with a yellow outline and a yellow shadow, positioned to the left of the 'Will' section.

Will:
What will you do
to accomplish
your goal?

- I will use a planner to outline upcoming assignments and exams in CRJ110.
- I will contact at least three friends from class to form a study group.
- I will put reminders in my phone to go to Dr. Iannacchione's office hours the week before an upcoming exam.
- I will work with the SSRC to develop more effective study habits.

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G

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R

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