My Goals for this Grading Period

Name: ____________________________ Date: ____________________________

Long-Term Academic Goal for this Grading Period
What is one long-term academic goal you’d like to reach by the end of this grading period?

________________________________________________________________________________________________________________________________________________________

Is it a SMART (specific, measurable, achievable, relevant, timely) goal? ☐ Yes ☐ No

Why is this goal important to you? __________________________________________________________________________________________________________________________________________________________

Supporting Short-Term Goals for this Month
These are goals to help you achieve your long-term academic goal identified above. Write 2 short-term goals that you can accomplish this month and that will help you reach your long-term goal below.

1. Short-term goal #1: __________________________________________________________________________________________

   i. Is it a SMART (specific, measurable, achievable, relevant, timely) goal? ☐ Yes ☐ No

   ii. How important is it for you to meet this goal (on a scale from 1 to 10)?

      1 2 3 4 5 6 7 8 9 10
      Not At All Important  Very Important

   iii. List the most important reason(s) for meeting this goal:

   iv. How confident are you that you will meet this goal (on a scale from 1 to 10)?

      1 2 3 4 5 6 7 8 9 10
      Not At All Confident Very Confident

   v. List some reasons that you’re confident you’ll meet this goal (or explain what would need to happen for you to become more confident):

   vi. When do you want to achieve this goal by?

   vii. What steps will you take to reach this goal?

   viii. Who can help you reach this goal?
2. **Short-term goal #2:**

   i. Is it a SMART (specific, measurable, achievable, relevant, timely) goal?  
      [ ] Yes  [ ] No

   ii. How important is it for you to meet this goal (on a scale from 1 to 10)?

      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
      |---|---|---|---|---|---|---|---|---|----|
      |   |   |   |   |   |   |   |   |   |    |

      Not At All Important | Very Important

   iii. List the most important reason(s) for meeting this goal:

   iv. How confident are you that you will meet this goal (on a scale from 1 to 10)?

      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
      |---|---|---|---|---|---|---|---|---|----|
      |   |   |   |   |   |   |   |   |   |    |

      Not At All Confident | Very Confident

   v. List some reasons that you’re confident you’ll meet this goal (or explain what would need to happen for you to become more confident):

   vi. When do you want to achieve this goal by?

   vii. What steps will you take to reach this goal?

   viii. Who can help you reach this goal?