

# Goal Setting Worksheet

This worksheet can help you identify goals for the term. A-Z Learning also offers a 1-hr workshop, “Achieve your Goals: Get Gritty” that guides you through goal setting activities and strategies to increase your persistence or “grit.” See Experience BU for dates and times:  
<https://experiencebu.brocku.ca/organization/learningservices>.

1. Consider the upcoming term. What do you want to accomplish by the end of the term?

My goal is to \_\_\_\_\_.

2. Revise your goal and make it smart; a S.M.A.R.T. goal is<sup>1</sup> . . .

- Specific – Be precise. How will you know that you’ve achieved it?
- Measurable – Measure success. Grade increase? Frequency?
- Action-Oriented – List actions you can take to achieve your goal.
- Relevant – Know why your goal matters to YOU. Remind yourself often.
- Time-Oriented – Create a timeline. Shorter timelines and smaller actions make goals achievable.

**SMART Goals**

- Specific
- Measurable
- Action-Oriented
- Realistic
- Time-Oriented

For example, the goal “I want to earn a higher grade in CHYS this semester” can be smarter.  
 S.M.A.R.T goal: *“I want to increase my seminar grade to 90%. To achieve this, I will complete my readings by Wednesday of each week and write a bullet list of ideas. I will take bullet this list to seminar to help me participate at least three times in each seminar.”*

Criteria	Yes/No	Edit
Specific		
Measurable		
Action-Oriented		
Realistic		
Time-Oriented		

3. What resources or supports will help me achieve my goal? (See back page for ideas.)

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<sup>1</sup> Oregon State University. (2009).  
[http://success.oregonstate.edu/sites/success.oregonstate.edu/files/LearningCorner/Tools/goal\\_setting\\_worksheet.pdf](http://success.oregonstate.edu/sites/success.oregonstate.edu/files/LearningCorner/Tools/goal_setting_worksheet.pdf)



## Reaching My Goals: Strategy Ideas

Consider attending free assignment support drop-in or registering for an A-Z Learning Services Workshop. Both are delivered LIVE by upper-year Brock students. [Click here](#) to check out A-Z Learning opportunities on Experience BU. Consider online modules or other online tip sheets. See information on A-Z Learning Services' website:

<https://brocku.ca/learning-services/>

- Time Management
  - Plan in written form (e.g., "to do" lists, daily or monthly calendars).
  - Prioritize.
  - Break down tasks and add deadlines.
- Exams
  - Try the [5-Day Study Plan](#):
  - Choose a study strategy (e.g., charts, summary sheet, mnemonic devices, study group etc.)
  - Consider learning style, strengths, and [exam format/course](#).
- Research
  - Check out Brock Library [Research Guides](#) by program:
  - Try [tools](#) to help track your sources.
  - Know about [Academic Integrity](#) and know your rights by connecting with your [Ombuds](#).
- Citing and Documentation
  - Try documentation guides from the [Library](#) and [A-Z Learning](#).
  - Summarize, Paraphrase, or Quote.
  - Use the [PEAT strategy](#) to write and evaluate paragraphs (Point, evidence, analysis, transition)
- Writing
  - Write a [rough draft or free write](#).
  - Use an [outline](#) and/or [Reverse Outline](#).
- Reading
  - Pre-read (e.g., skim, scan, anticipate, review textual features, organizational patterns, & context).
  - Take notes and identify important points (e.g., highlight, underline, paraphrase, summarize).
  - Vary strategy depending on purpose (e.g., reading for exam, seminar, assignment or close analysis).
- Note-Taking
  - Consider ratio of listening vs. writing in lecture. Review and complete notes within 24 hours.
  - Paraphrase and make connections (e.g., experience and course discussions).
  - Match notetaking with purpose. (Consider assignments and format of exam.)
- Math & Science
  - Try A-Z Learning [tips sheets](#) and [drop-in](#). Request [course-specific tutoring](#) (\$25/hour).
  - Mathematics Learning Centre: MC J 434, M-F 9am-4pm

**Supports and Services:** Contact details available from Brock's Main Menu, Services A-Z

- Questions about your program status and course selection? [Academic Advising](#)
- Questions about services and your rights? Brock University Students' Union (BUSU), [Ombuds](#)
- International student looking for extra support? [International Student Services](#)
- Feeling overwhelmed or dealing with a documented disability? [Student Wellness and Accessibility](#)
- Want to improve your health and wellness? Speak with a peer health educator? [The Hub](#)



TH 129 Next to the Market



[Brocku.ca/learning-services](https://brocku.ca/learning-services)



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*Supporting Brock students as they identify and work towards their personal and academic goals.*