

# | Student Goal Setting

From X to Y, how and when?

Where are you now?

Where do you want to be?

When do you want to get there?

Obstacles and barriers

Solutions and strategies

People or resources needed

Skills, habits, and attitudes needed

# Student Goal Setting

Plan of action			

How will I monitor my progress?

How will I hold myself accountable?

Why am I doing this? What is in it for me? How will I motivate myself?

# Student Goal Setting



Specific



Measurable



Attainable



Relevant



Time based

## My Goal

What is my goal?

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My goal is...

☐

**Specific**

I can clearly define the goal

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**Measurable**

I can use criteria to judge my progress toward the goal

☐

**Attainable**

I can realistically achieve the goal while still challenging myself

☐

**Relevant**

I can realistically achieve the goal while still challenging myself

☐

**Time based**

I can achieve the goal in a set amount of time

## Success Criteria

How will I know when I have achieved my goal?

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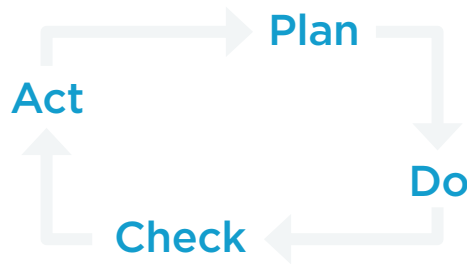
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A goal without a plan is just a wish.

-Antoine de Saint-Exupery

# Student Goal Setting



## Monitoring, reflecting, and revising

How much time and effort have I put toward my goal this week?

1 2 3 4 5  
none at all enough to make progress more than planned

What specific action steps have I taken this week?

How do these steps compare to my plan?

What results have taking these steps produced?

What do I need to continue doing and/or stop doing in order to achieve my goal?

How confident am I that I can successfully achieve my goal?

How confident am I that I can successfully achieve my goal?  
1 2 3 4 5  
not at all somewhat totally

What support do I need as I move forward?