Weekly Goals List:

A) Set goals at the beginning of each week. Evaluate yourself one week later. 
B) Take a look at your syllabus map beforehand in order to set long-term goals (at least one per class). 
C) You may also wish to complete a ‘study log’ to evaluate your personal study schedule.

Class #1 __________________________

Goal 1: (short-term)
Goal 2: (skills)
Goal 3: (long-term)

Class #2 __________________________

Goal 1: 
Goal 2: 
Goal 3: 

Class #3: __________________________

Goal 1: 
Goal 2: 
Goal 3: 

Class #4: __________________________

Goal 1: 
Goal 2: 
Goal 3: 

Additional Academic Goals: (for a 5th class, independent project, lab, overall study strategy, personal research, or Academic Advising goal):

(OVER)
Personal Goals:

Notes for this Week: (special opportunities, challenges, possible distractions or barriers, concerns, hopes, and/or tensions)

Supports Available for the Tasks Above:

Evaluation of Goal-Completion (end of week; to be shown to someone else):