



## Goal Setting Assessment

Do you make goals for your finances? Fitness? Life? Academics? Use the following assessment below to see how you approach goal-setting and how these may reflect your academic success—be honest!

	Rarely	Sometimes	Often	Always
1. I keep a current list of long- and short-term goals for all (academic, personal, financial...) aspects of my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know what I want to accomplish in my years of university.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I know what GPA I will make this academic term.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. When I set a goal, I make sure it's a SMART one ( <i>see the "SMART(er) Goals" handout</i> ).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My goals are written in a positive voice, focusing on what I can/will do, and not what I have to avoid.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I take large tasks and chunk them into smaller goals that I can put in my schedule for detailed completion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I set goals and keep track of progress on a weekly basis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I have a daily "to do list" for everything I need to accomplish that day, and "check" things off when I accomplish them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I adjust my tasks when necessary so I will keep on track with my goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I record my goals and reward myself when I reach them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you have selected more "Rarely" and "Sometimes", then we are here to help you! When you take the time and thought to select and write down your goals, you are more likely to reach them! Not knowing what your goals are will make the path to accomplish them long and convoluted. Having clear and concise goals helps you **prioritize your time** and helps **focus your energy and determination** to succeed!

\*\*Adapted and modified from Austin Community College, <http://www.austincc.edu/behscitf/Goal-setting%20Assessment.pdf>\*\*

