

Identifying Your Goals Worksheet

Identify two long-term academic goals and two long-term personal goals below.

Academic Goal	
Academic Goal	
Personal Goal	
Personal Goal	

Select one of your long-term goals above and write out mid-term and short-term goals to help you accomplish this goal below.

Long-term Goal from above	
Mid-Term Goal	
Mid-Term Goal	
Short-Term Goal	
Short-Term Goal	

Select a mid-term or short-term goal you wrote above that can be accomplished by the end of this course. Once you have selected the goal you will work on, use the Personal Action Plan worksheet to help you determine how to measure and keep track of your goal.