

Practice Goal-Setting



Goal-Setting Steps	Examples	Your Turn
<p>Step 1</p> <p><i>Plainly state your desire or want</i></p>	<p>“I want to be financially secure”</p>	
<p>Step 2</p> <p><i>Develop a long-term goal that will help you fulfill your stated desire or want</i></p>	<p>“I will earn a Bachelor of Science degree in computer technology from State University by May 2015”</p>	
<p>Step 3</p> <p><i>Develop short-term goals that will help you achieve the long-term goal</i></p>	<p>“I will enroll in all the classes recommended by my academic advisor”</p> <p>“I will earn at least a 3.5 GPA in all my classes”</p> <p>“I will join a club/group”</p>	
<p>Step 4</p> <p><i>Develop daily objectives that focus on achieving your short-term goals</i></p>	<p>“I will set aside 2 hours of study for every 1 hour of class”</p> <p>“I will make note cards to carry with me and review them when I’m waiting for class”</p> <p>“I will review the day’s lecture notes with my study team to make sure I didn’t miss any important points”</p>	