

# Plan Your Semester

## THE SMART WAY



### CREATE YOUR OWN STUDENT ROADMAP

With a new semester comes new opportunities to achieve your goals. Take some time to reflect on your aspirations for the coming semester, academic or otherwise, and complete the **student road map** below to plan your steps to reaching each goal.

### PREPLANNING

Answer the following questions to start thinking about your goals

#### Looking back at last semester...

What frustrated you the most? \_\_\_\_\_

What were your biggest struggles? \_\_\_\_\_

Did you leave anything unresolved? \_\_\_\_\_

#### Moving forward...

What are you most excited to learn? \_\_\_\_\_

What would you like to do more of? \_\_\_\_\_

What would you like to get better at? \_\_\_\_\_

### TAKING THE SMART APPROACH

Be smart about setting your goals. Follow the guidelines below.



**SPECIFIC:** Create focused, understandable goals



**MEASURABLE:** Identify quantifiable steps toward your goals



**ATTAINABLE:** Be sure you can commit to your goals



**RELEVANT:** Build goals that speak to you personally



**TIMELY:** Have a sense of urgency



# BUILDING YOUR GOALS

As you create your goals, keep in mind the pre-planning exercise as well as the SMART guidelines.

Goal: \_\_\_\_\_ To Be Completed by: \_\_\_\_\_

STEP 1

STEP 2

STEP 3

REWARD!



- In Progress
- Completed

- In Progress
- Completed

- In Progress
- Completed

Goal: \_\_\_\_\_ To Be Completed by: \_\_\_\_\_

STEP 1

STEP 2

STEP 3

REWARD!



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Goal: \_\_\_\_\_ To Be Completed by: \_\_\_\_\_

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REWARD!



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# A Note on SEEKING SUPPORT



As you complete your preplanning exercise, use your Learning Coach, teachers, and counselors as resources. They may be able to identify areas in which you struggle and didn't realize it.



Ask for advice when you are creating goals, steps, and due dates.



Schedule weekly or monthly meetings to discuss your goals with your Learning Coach or counselor.



Agree on some rewards for each goal. Discuss what motivates you with your Learning Coach to find a solution together.



## FOLLOW-UP

What was I able to accomplish? \_\_\_\_\_

Were there any goals I was not able to complete? Why did this happen? \_\_\_\_\_

Can I move any incomplete goals to next semester? \_\_\_\_\_

What did I learn about myself? \_\_\_\_\_

