

GOALS SETTING WEEKLY CHECKLIST

NAME: _____ DATE: _____

I. Academic Goals:

A. List 2 academic goals for this week

Goal 1 _____

Goal 2 _____

B. Describe the results of last week's goals

Goal 1 _____

Goal 2 _____

II. Weekly Time Plan:

___ Completed

___ Not completed

___ Followed plan fairly well

___ Didn't work out as planned

___ Total hours of study this week

III. Demonstrating Responsibility and Commitment:

Give yourself a grade in the following categories and list what you have done.

A. I have been an active, not a passive student this week.

Grade ___

1. _____

2. _____

B. I took responsibility for myself this week.

Grade ___

1. _____

2. _____

If you haven't been responsible, list the things that went wrong.

1. _____

2. _____

C. I went "one step beyond" (gave that extra effort) in one or more of my classes this week.

Grade ___

1. _____

2. _____

IV. Based on a review of the above information, give your study habits an overall grade for the week.

Grade ___ Honesty Grade ___