**My Goals for this Grading Period**

Name:       Date:

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| --- |
| **Long-Term Academic Goal for this Grading Period**  What is one **long-term academic goal** you’d like to reach by the end of this grading period?    Is it a SMART (specific, measurable, achievable, relevant, timely) goal?  Yes  No  Why is this goal important to you? |

**Supporting Short-Term Goals for this Month**

*These are goals to help you achieve your long-term academic goal identified above.* Write **2 short-term goals** that you can accomplish this month and that will **help you reach your long-term goal** below.

1. **Short-term goal #1:** 
   * 1. Is it a SMART (specific, measurable, achievable, relevant, timely) goal?  Yes  No
     2. How important is it for you to meet this goal(on a scale from 1 to 10)?

1 2 3 4 5 6 7 8 9 10

Not At All Important Very Important

* + 1. List the most important reason(s) for meeting this goal:
    2. How confident are you that you will meet this goal(on a scale from 1 to 10)?

1 2 3 4 5 6 7 8 9 10

Not At All Confident Very Confident

* + 1. List some reasons that you’re confident you’ll meet this goal (or explain what would need to happen for you to become more confident):
    2. When do you want to achieve this goal by?
    3. What steps will you take to reach this goal?
    4. Who can help you reach this goal?

1. **Short-term goal #2:** 
   * 1. Is it a SMART (specific, measurable, achievable, relevant, timely) goal?  Yes  No
     2. How important is it for you to meet this goal(on a scale from 1 to 10)?

1 2 3 4 5 6 7 8 9 10

Not At All Important Very Important

* + 1. List the most important reason(s) for meeting this goal:
    2. How confident are you that you will meet this goal(on a scale from 1 to 10)?

1 2 3 4 5 6 7 8 9 10

Not At All Confident Very Confident

* + 1. List some reasons that you’re confident you’ll meet this goal (or explain what would need to happen for you to become more confident):
    2. When do you want to achieve this goal by?
    3. What steps will you take to reach this goal?
    4. Who can help you reach this goal?