7-Step Goal Setting

STEP 1: Write down four S.M.A.R.T. Goals.
1. 
2. 
3. 
4. 

Pick one goal from above.

STEP 2: Break main goal into smaller subgoals (remember these should be measurable and attainable).

<table>
<thead>
<tr>
<th>SUBGOALS</th>
<th>Time Needed</th>
<th>Deadline</th>
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STEP 3: Complete the 7-Day Study Plan worksheet.

1. In the top row, include the day of the week/date in each cell.
2. In the left column, list out regular priorities for the week, as well as special priorities (not regular/consistent).
3. Block off all classes/lectures, extracurricular or co-curricular activities, work hours, household commitments, and/or additional responsibilities.
   
   NOTE: Don’t forget meal times and travel time! This timetable should include actual time commitments, rather than ideal time commitments.
   
   NOTE: If you want to prepare more than 7 days prior, you should complete more than one timetable for each week.

4. Block off windows for study times, preferably 1-4 hours at a time. Within each “Study Cycle” you want to build in breaks, as well.
   
   NOTE: Build in longer breaks when possible. Do something fun. Go for a run. Exercise. Go to the movies. Do something you enjoy!

5. List any "to-do list" items in the final row that are not represented within the timetable but need to be accomplished.

6. Return and Revise your plan, when needed.
   
   NOTE: Your Study Plan can be changed as you go, but do this thoughtfully. At day 3, ask yourself, what did you leave out? What interrupted your initial plan, causing a necessary adjustment?

   NOTE: Changing the timetable is much better than simply throwing the timetable away.
7-Step Goal Setting

STEP 4: What resources can assist you in achieving this goal?

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STEP 5: What obstacles might get in the way?  

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________________________________________________________________________

STEP 6: What will you do to overcome these obstacles?

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________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

STEP 7: How will you know you have achieved this goal? What will it look like and what will it feel like?

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Adapted from Academic Success Center, Oregon State University (2009)