

# 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

\_\_\_ I attended all my classes 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 ways you've been a victim.

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 \_\_\_