Goal Setting:
General
Academic Success Center
Iowa State University

The Academic Success Center is part of the Dean of Students Office at Iowa State University
1060 Hixson-Lied Student Success Center  515-294-6624  success@iastate.edu  http://www.dso.iastate.edu/asc

Name:  Date:

My goal is:
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

My main reason for setting is goal is:
_____________________________________________________________________________________

My plan for reaching my goal:
1)  ______________________________________________________________________________

2)  ______________________________________________________________________________

3)  ______________________________________________________________________________

4)  ______________________________________________________________________________

An obstacle might be:
_____________________________________________________________________________________
_____________________________________________________________________________________

A way to overcome that obstacle might be:
_____________________________________________________________________________________
_____________________________________________________________________________________

People who can help me are:
_____________________________________________________________________________________
_____________________________________________________________________________________

A benefit of achieving this goal will be:
_____________________________________________________________________________________

The Academic Success Center is part of the Dean of Students Office at Iowa State University
1060 Hixson-Lied Student Success Center  515-294-6624  success@iastate.edu  http://www.dso.iastate.edu/asc