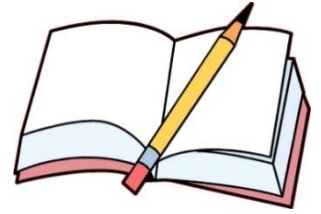


Name _____ **Study Skills**



Set an Academic Goal

Write down your goal: _____

Is your goal Specific? Measurable? Attainable? Realistic? Time bound?
If not, go back and revise your goal to make sure it is **SMART**.

What stands in your way of reaching this goal right now?

	Challenge/Obstacle	To Overcome It:	Who Will Help Me
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____

Break your goal down into several small steps. Make sure that each step is measurable and attainable.

	Step	Time Allotted	Deadline
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____

What kind of help do you need? How will you get it?

	Resource	How to Get It	Who Will Help Me
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____

4. How will you know when you have achieved your goal? Visualize your success.

