

Topic: Setting Goals

Instructions: In this activity you will think about the grade you want to achieve in Anatomy and Physiology (A&P). In order to be effective, goals must be:

- Chosen by *you*, not somebody else
- Moderately challenging
- Attainable, or realistic
- Measurable
- Positive
- Specific

1. Write your preliminary goal here: “During this semester I want to get a _____(grade) in Anatomy & Physiology.”
2. Now think about and list at least five things that will help you to reach this goal (this may include things like your own motivation, a supportive family member that can help with babysitting, a strong science background, etc). List anything that you think will help you to achieve your goal. Try to be specific!

Resources: _____

3. Now think about and list at least five obstacles that you think might get in the way of you achieving your goal. For example, maybe you have a full-time job or lots of family obligations that will take a lot of your time, or maybe you’ve had difficulty in science courses in the past, or have trouble with attendance, or find it difficult to sit and listen for two hour blocks of time. List whatever you think will stand in your way of achieving the grade that you listed above.

Obstacles: _____

4. As you look over your lists of resources and obstacles, you might realize that your preliminary goal statement needs to be modified (either a higher or lower grade). Remember to be realistic, specific, and moderately challenging. Write your new goal statement for A&P here. (It may be the same or different from what you wrote in #1 above.)

Goal: _____

5. Finally, you need to think about forming a strategy to achieve your goal this semester. List at least five things you will do that will help you achieve your goal. For example, you might set up a special study place at home, set up a regular schedule for studying A&P, ask a family member to babysit your kids every Saturday morning for study time, find a study partner in class, go to a tutoring session, commit yourself to attending every lecture, etc.

Strategies: _____

