SETTING ACADEMIC GOALS

Academic Success Center

Formulating Academic Goals

A goal is the object of a person's ambition or effort.

Academic Goals

- 1. Can either be short-term or long-term
- 2. Can involve one class or multiple classes.
- 3. Must be well thought-out and manageable/ specific
- 4. Start with smaller goals that can help you towards bigger goals

It is important to note that points 3 and 4 coincide with one another (i.e. it is

Know Yourself

Evaluate what YOUR overall goals are and what steps must you take to

Know Your Classes

Understanding your strengths and weaknesses should be used to assist you when evaluating your class schedule.

Things you should consider are...

- What times do your classes meet? Where?
- difficult)?
- Notice due dates/ evaluate the syllabi!
- Talk to your professor about any other questions/ comments/ concerns you may have

Options if a Setback Occurs

Being disciplined about your goal does not mean you will not experience setbacks. It is important to understand that this does not mean you cannot achieve your goal, but the goal or your approach may need to be readjusted.

Firstly, be honest with yourself about whether or not you were following your goal with fidelity or maybe there was an error.

Maybe, you need additional resources to help you accomplish your goal (i.e. Use the writing center if you are struggling to write papers).

Campus Resources

Academic Success Center @ IUP – www.iup.edu/success ASC@IUP Walk-in Tutoring Center - 201-A Stabley Library Writing Center - Eicher Hall, Rm 218