



SELF-ASSESS YOUR GOAL SETTING

The following statements are designed to assess your use of goals in your studies and your life. Be as honest as you can in responding to these statements.

Name:

Date:

Please mark the rating which best reflects your own experience for each item.

| | NEVER/ RARELY 1 | SOMETIMES 2 | OFTEN 3 | ALMOST ALWAYS 4 | ALWAYS 5 |
|--|-----------------------|----------------|------------|-----------------------|-------------|
| 1. I keep a written set of current long-term, medium-term and short-term goals for my academic, vocational, and personal life. | | | | | |
| 2. I have a clear idea of what I want to accomplish. | | | | | |
| 3. I know what grade point average/grades I plan to make this semester. | | | | | |
| 4. When I set a goal, I make it specific, measurable, attainable, relevant, and include a time frame for completing it. | | | | | |
| 5. I write goals in a positive format—focusing on what I can and will do, not on what I should avoid doing. | | | | | |
| 6. I take major goals and divide them into smaller goals which I put into my schedule for completion. | | | | | |
| 7. I set goals and monitor my progress towards them on a weekly basis. | | | | | |
| 8. I keep a daily “to do list” for key tasks and check off those I accomplish. | | | | | |
| 9. I adjust my actions as necessary to keep on track with my goals. | | | | | |