

Name: \_\_\_\_\_

Please answer the following questions in complete sentences.

1. One goal I set for myself this semester. This goal should be specific and measurable, and include a time-frame for completion:
  
  
  
  
  
  
  
  
  
  
2. Did you break this goal down into smaller steps to reach on the way to achieving your goal? If so, what were they? If not, why not?
  
  
  
  
  
  
  
  
  
  
3. What, if any, challenges have you encountered this semester on the way to achieving this goal? How have you worked to overcome these challenges?
  
  
  
  
  
  
  
  
  
  
4. Do you think you will achieve your goal? Why or why not?
  
  
  
  
  
  
  
  
  
  
5. What is a goal you will set for next semester?