_____'s
Goal and Action Plan Development

What is my goal? *To improve my test prep through regular attendance and review of notes.*

What major objective will help me attain that goal?
Reviewing my notes within 24 hrs of each class.

Why is this an important/relevant/effective objective?
New info is best absorbed and retained if reviewed right away
I can catch anything I missed or didn't understand and get it from a friend or the prof
Can create study guides to make reviewing for tests a breeze

Why is this realistic?
There's evidence this works and plenty of time in my schedule to do it.

What are the likely consequences of achieving the goal/objective?
More confidence, better understanding of what was taught, better test grades

What are the likely consequences of NOT achieving the goal/objective?
Cramming, missing info, not enough sleep, brain not functioning at its max

In what ways will this be a challenging goal/objective?
I'm not in the habit of going over notes until just before a test
I don't usually take a lot of notes
I have to get up really early for my 1st class and might oversleep

What three strategies/routine actions will I use to reach my objective?

1. *Create a weekly plan of when I review notes for each class.*
2. *Fill in the Weekly Goals & Action Planner.*
3. *Go over what I've done with my mentor each week.*

What evidence will enable me to monitor whether I'm achieving this?
Filling in the Weekly Goals & Actions Planner

What might make it difficult for me to follow through on these actions/strategies?
I might fall into old habits
I might lose the paper (I have a tendency to lose things)
It might seem hard to see the value in going over notes if the test isn't for 4 weeks

What habits will I need to form / alter / break that will help me to overcome these challenges to make sure that I follow through on each of these actions/strategies?
Form: Daily review of my notes   *Break : Staying up late;*
Getting to bed sooner so it's easier to get up in the morning   *Procrastinating*

What resources might help me to achieve then?
Goals Planner and handouts   *Marni Jones' Study Strategies Workshops*
Mentor Meetings   *Professors' Office Hours*