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.
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; Procrastinating. Getting to bed sooner so it’s easier to get up in the morning.

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