

Stop + Keep + Start (SKS)



Name 2 things you need to STOP doing this semester

1. _____
2. _____

Name 2 things you need to KEEP doing this semester

1. _____
2. _____

Name 2 things you need to START doing this semester

1. _____
2. _____

Setting Goals for Success



Write down your top 2 goals for this semester

1. _____

2. _____

Test your goals against these smart goals parameters

SMART GOALS	GOAL	IMPROVED GOAL
Specific	I want to stop procrastinating	I will set fix times and dates in my calendar when I will study for class
Measurable to assess if you are meeting the goal or not	I want to pass all my classes	I want to earn an A or B in all my classes
Attainable to determine if your goal is realistic	I will attend all tutoring sessions	I will attend 4 tutoring sessions for each final in the next 2 weeks
Relevant. Goals need to be consistent with other goals	I want to be accountable	I will meet with my Team Coach once a week to stay accountable
Time Bound. Give yourself time to achieve the goal	I will give my 100% all the time	I will focus for the next 2 weeks on preparing for finals

Action Steps: (How will I achieve my goals)

Select three:

- Attend Tutoring sessions for (subject) _____ on (dates) _____.
- Meet with academic coach in the next 2 weeks.
- Go talk to professor (name) _____ during office hours (time) _____.
- Go to TA review sessions for (subject) _____ on (dates) _____.
Remember to make notes during lecture so you know what to ask during office hours
- Study in (location) _____, (hrs per day) _____ for the next 2 weeks.
- Commit to _____ hours of uninterrupted, focused study per week.
Is more effective/efficient if you study in the same place consistently
- Create a master calendar for all assignments, home works, projects, tests, and finals.
- Attend all lectures/recitation/labs until the end of classes.
- Go to Counseling Center to get support with personal issues.
- Talk to classmates in (subject) _____ to create a study group for finals.
- Limit extracurricular activities to (quantity) ____ until I finish with finals.
- Sleep (quantity) _____ hours per day.
- Refrain for social outings/parties if I haven't completed my homework/reading/ for that week.
- Refrain from TV, facebook, video games, until homework/reading/ is complete for the day.
- Other:

_____.
- Other:

_____.

I am fully committed to following through with my success plan for this semester.

Sign: _____ **Date:** _____