

Faculty of Community Services
Academic Support & Resource Centre

Weekly Goal-Setting

1. My specific goals for the upcoming week are:

| | |
|---|---|
| Course: _____ Tasks: • • • • | Course: _____ Tasks: • • • • |
| Course: _____ Tasks: • • • • | Course: _____ Tasks: • • • • |

2. I would like to improve the following aspects of my study behaviour this week:

3. I plan to take the following steps to improve my study behaviour (these are your study skill goals):

4. I would like to maintain the following aspects of my study behaviour this week: