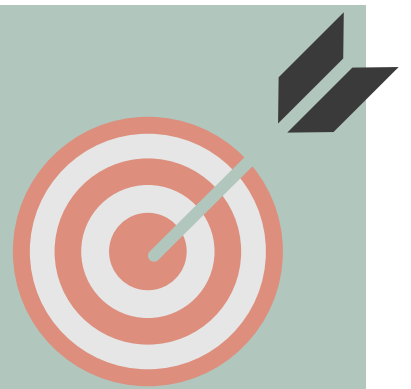


SMART GOAL SETTING

To make the most of your Academic English Coaching sessions, follow this process for setting goals.

STEP 1. CREATE SOME GOALS FOR YOURSELF THIS TERM

SPECIFIC: Think about Who, what, when, where, and why.



STEP 2. MEASUREABLE

Establish criteria for measuring progress towards achieving your goal. How will you know when your goals have been accomplished?



STEP 3. ACHIEVABLE

Your goals should be set such that you will be willing and able to accomplish them. Are you at least 50% sure you will accomplish it?



STEP 4. RELEVANT

Goals should fit with your immediate and long-term plans.



STEP 5: TIME-FRAME SPECIFIC

- Aim to accomplish your goals during a certain time frame. For example, "I will write for 30 minutes each day."

REMEMBER

- Find the desire within yourself to achieve your goals.
- If you experience setbacks, try not to become discouraged, but rather learn from it!
- Make necessary adjustments and continue striving for your goals.
- Be aware that it takes time to form new habits; be patient with the process.
- You may find goal setting somewhat challenging at first; it will get easier with practice.