

McCoy Experience Workshop Goal Setting Activity Worksheet

How to Use:

- 1) Take inventory or establish long-term personal/professional goals you have for your academic/professional career. (*Ex: these can be "big picture" goals, what do you ultimately want to achieve or do in your future?*)
- 2) Before or at the start of each semester, create short-term goals for how you want to maximize your McCoy Experience and get involved.
- 3) In the middle of the semester, return to this worksheet and refresh yourself on the goals you set and write down any progress made toward your goals or if you need to make any adjustments or changes to them.
- 4) At the end of the semester, return to this worksheet and reflect on your progress of meeting your short-term goals or if you plan to carry them on to a future semester. If there were any goals you didn't meet or didn't meet to your expectation, write down some ideas for why you feel you were unable to meet them and possible opportunities to make a new plan for strategies to try so you can achieve them in an upcoming semester.
- 5) After assessing your short-term goals at the end of the semester, do a similar reflection on your long-term goals and notate any progress made after each semester ends and any new ideas to try and implement to support achieving your goals.
- 6) Copy and paste or print more templates of the following worksheets as needed for additional room/semesters to record goal information.

Long-Term Goals

Write down or brainstorm any/all long-term goals you have for each of the categories below. Also be sure to include a target timeframe (days/months/years) for when you would like to try to meet them by *(NOTE: It's okay if the goal/timeframe change over time).*

Academic:

Professional:

Personal:

Semester (fall/spring/summer): _____ Year: _____

Short-Term Semester Goals

Write down or brainstorm any/all short-term goals you have for each of the categories below. Also be sure to include a target timeframe (days/weeks/months/by end of semester) for when you would like to try to meet them by (*NOTE: It's okay if the goal/timeframe change over time*).

Academic:

Professional:

Personal:

Semester (fall/spring/summer): _____ Year: _____

Middle and End of Semester Goal Reflections

Middle of Semester Short-Term Goal Progress and Reflections

Academic:

Professional:

Personal:

End of Semester Short-Term Goal Progress and Reflections

Academic:

Professional:

Personal:

End of Semester Long-Term Goal Progress and Reflections

Academic:

Professional:

Personal: