



# SETTING ACADEMIC GOALS

Academic Success Center



# Formulating Academic Goals

- A goal is the object of a person's ambition or effort.
- Academic Goals
  - *1. Can either be short-term or long-term*
  - *2. Can involve one class or multiple classes.*
  - *3. Must be well thought-out and manageable/specific*
  - *4. Start with smaller goals that can help you towards bigger goals*
- It is important to note that points 3 and 4 coincide with one another (i.e. it is easier to create specific and manageable goals that are smaller and then work your way up).

# Know Yourself

- Evaluate what YOUR overall goals are and what steps must you take to achieve them.\*
  - e.g. *“I want to graduate college with a 4.0 in 8 semesters.”*
    - In order for this goal to be effective it needs to be broken into specific steps.
- Evaluate what are YOUR strengths and weaknesses. Particularly focusing on the strengths and weaknesses that are the greatest benefit/detriment to your goal(s).
- Make sure you are working toward goals that YOU are hoping to achieve.

# Know Your Classes

- Understanding your strengths and weaknesses should be used to assist you when evaluating your class schedule.
- Things you should consider are...
  - *What times do your classes meet? Where?*
  - *Who's the professor?*
  - *What's the course material? (Is this a subject you may find more difficult)?*
  - *Who's in the class/class size?*
  - *Notice due dates/evaluate the syllabi!*
  - *Talk to your professor about any other questions/comments/concerns you may have*

# Creating Manageable Goals

- Assess what you want to be a goal, and what steps you must take to get there.
- After evaluating your own strengths and weaknesses, and your current classes; assess what manageable goal(s) you can hope to achieve.
- Break large, long-term goals into smaller, short-term goals to start. Make more specific goals that allow you to formulate a plan of action.
  - *\*Example- If your goal is to attain a 3.75 overall GPA during your undergraduate studies, break that into a goal involving your first semester and all of the aforementioned ideas. BE SPECIFIC!!!*
- Discipline and Self-Efficacy are vital pieces to completing your goals. You must have the discipline to not only follow through with your proposed plan of attack, you must also believe that your goal is attainable.

# Options if a Setback Occurs

- Being disciplined about your goal does not mean you will not experience setbacks. It is important to understand that this does not mean you cannot achieve your goal, but the goal or your approach may need to be readjusted.
- Firstly, be honest with yourself about whether or not you were following your goal with fidelity or maybe there was an error.
- Maybe, you need additional resources to help you accomplish your goal (i.e. Use the writing center if you are struggling to write papers).

# Campus Resources

- Academic Success Center @ IUP – [www.iup.edu/success](http://www.iup.edu/success)
- ASC@IUP Walk-in Tutoring Center - 201-A Stabley Library
- Writing Center - Eicher Hall, Rm 218
- Learning Enhancement Center - Pratt Hall, Rms 202/203
- University Libraries – Stapleton & Stabley – located in the Oak Grove
- MYIUP.com - [www.iup.edu/myiup](http://www.iup.edu/myiup)
- IT Support Center - Delaney Hall, Rm G35
- Career and Professional Development Center - Pratt Hall, Suite 302
- Major and Career Exploration Center - Pratt Hall, Rm 214