



SETTING ACADEMIC GOALS

Academic Success Center



Formulating Academic Goals

A goal is the object of a person's ambition or effort.

Academic Goals

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It is important to note that points 3 and 4 coincide with one another (i.e. it is

Know Yourself

Evaluate what YOUR overall goals are and what steps must you take to

Know Your Classes

Understanding your strengths and weaknesses should be used to assist you when evaluating your class schedule.

Things you should consider are...

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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

ASC@IUP Walk-in Tutoring Center - 201-A Stabley Library

Writing Center - Eicher Hall, Rm 218