

PERSONAL SUCCESS PLAN

Name: _____

Phone or Email (pick your preference): _____

What brings you to the ACS office? _____

Current CGPA: _____ Previous semester GPA: _____

What are SMART goals?

S Specific Make your goal as specific as possible. **Example:** I will earn a 2.3 cumulative GPA by the end of the spring semester.

M Measurable Be sure that your goal is measurable. **Example:** I will be able to measure whether or not I have achieved my desired term GPA by the end of the semester.

A Attainable Set goals that you can achieve. **Example:** I have done the math and know that a 2.3 cumulative GPA is possible by the end of the spring semester.

R Realistic Set goals that are realistic. **Example:** I can realistically achieve a 2.3 cumulative GPA if I earn 3 B's and 2 C's this semester.

T Timely Establish a timeline for reaching your goal. **Example:** I can achieve my goal by the end of the spring semester.

STEP ONE: Write down your most important goal you want to achieve in the next three months.

Check your work, is it a SMART goal?

- Specific? Measurable? Attainable? Realistic? Timely?

STEP FOUR: Set a specific date to achieve your goal: _____

STEP FIVE: Commit to achieve the goal listed above. Signature: _____

What will be your reward for completing this goal? _____

STEP SIX: Write down your personal strengths.

1. _____
2. _____
3. _____
4. _____

STEP TWO: What kept you from succeeding before? Select all from the following:

- | | |
|---|---|
| <input type="checkbox"/> I didn't go to class | <input type="checkbox"/> I wasn't organized enough |
| <input type="checkbox"/> I didn't take notes in class | <input type="checkbox"/> I didn't buy the book(s) |
| <input type="checkbox"/> I didn't pay attention in class due to texting, social media, etc. | <input type="checkbox"/> I became frustrated about my performance and gave up |
| <input type="checkbox"/> I didn't participate in class | <input type="checkbox"/> I think I might have an undiagnosed learning disability (ex. ADHD, Dyslexia) |
| <input type="checkbox"/> I didn't turn in homework or assignments (or turned them in late) | <input type="checkbox"/> I missed a test |
| <input type="checkbox"/> I didn't study enough | <input type="checkbox"/> I had financial problems last semester |
| <input type="checkbox"/> I wasn't sure how to study effectively | <input type="checkbox"/> I procrastinated too much |
| <input type="checkbox"/> I didn't manage my time well | <input type="checkbox"/> I participated in too many activities |
| <input type="checkbox"/> I watched too much TV | <input type="checkbox"/> I didn't keep up with the reading for my courses |
| <input type="checkbox"/> I spent too much time on the internet, social media or video games | <input type="checkbox"/> I had difficulty with the subject matter in one or more of my courses |
| <input type="checkbox"/> I wasn't motivated enough | <input type="checkbox"/> I had trouble adjusting to college life |
| <input type="checkbox"/> I wasn't sure that I wanted to be at HLGU | <input type="checkbox"/> I had test anxiety |
| <input type="checkbox"/> I had personal problems or issues | <input type="checkbox"/> I was homesick |
| <input type="checkbox"/> I had health problems | <input type="checkbox"/> I am uncertain about my educational goals |
| <input type="checkbox"/> I didn't get enough sleep | <input type="checkbox"/> Other (Be specific) |
| <input type="checkbox"/> I had trouble balancing work, activities and class | _____ |
| <input type="checkbox"/> I doubted by choice of major | _____ |

STEP THREE: What strategies will you implement to help you reach your goal? Break your goal into small steps that will help you work toward the main goal. Remember that each step should be measurable, attainable and realistic.

Strategy Suggestions:

- | | |
|--|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> I will develop a time management plan that works for me <input type="checkbox"/> I will ask my professor for help if I am having difficulty in a course <input type="checkbox"/> I will attend all my classes <input type="checkbox"/> I will go to class prepared <input type="checkbox"/> I will stay focused during class <input type="checkbox"/> I will not use my phone during class <input type="checkbox"/> I will set a study schedule for each class and follow it <input type="checkbox"/> I will study in a place that allows me to get my work done | <ul style="list-style-type: none"> <input type="checkbox"/> I will contact a counselor <input type="checkbox"/> I will attend study success lab <input type="checkbox"/> I will attend tutoring sessions (how often?) <input type="checkbox"/> If I am having difficulty in a course for which tutoring is not currently offered, I will go to the ACS office and ask for help <input type="checkbox"/> I will make better choices regarding my health, sleeping and eating habits <input type="checkbox"/> I will apply for accommodations <input type="checkbox"/> I will begin exercising <input type="checkbox"/> I will get to know my professors |
|--|--|

Strategy	Time Needed	Deadline

I do not hold any person or Hannibal-LaGrange University responsible for my personal, academic, or career success. I understand my admittance or continuation at HLGU is based upon my agreeing to complete an Academic Success Plan.

Student name _____ Date _____

Student signature _____ Date _____

Schedule your follow up meeting with ACS: _____