Stop + Keep + Start (SKS)

Name 2 things you need to STOP doing this semester
1. ____________________________________________________________
2. ____________________________________________________________

Name 2 things you need to KEEP doing this semester
1. ____________________________________________________________
2. ____________________________________________________________

Name 2 things you need to START doing this semester
1. ____________________________________________________________
2. ____________________________________________________________
Setting Goals for Success

Write down your top 2 goals for this semester

1. ________________________________________________________________________________

2. ________________________________________________________________________________

Test your goals against these smart goals parameters

<table>
<thead>
<tr>
<th>SMART GOALS</th>
<th>GOAL</th>
<th>IMPROVED GOAL</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Specific</strong></td>
<td>I want to stop procrastinating</td>
<td>I will set fix times and dates in my calendar when I will study for class</td>
</tr>
<tr>
<td><strong>Measurable</strong></td>
<td>I want to pass all my classes</td>
<td>I want to earn an A or B in all my classes</td>
</tr>
<tr>
<td><strong>Attainable</strong></td>
<td>I will attend all tutoring sessions</td>
<td>I will attend 4 tutoring sessions for each final in the next 2 weeks</td>
</tr>
<tr>
<td><strong>Relevant</strong></td>
<td>I want to be accountable</td>
<td>I will meet with my Team Coach once a week to stay accountable</td>
</tr>
<tr>
<td><strong>Time Bound</strong></td>
<td>I will give my 100% all the time</td>
<td>I will focus for the next 2 weeks on preparing for finals</td>
</tr>
</tbody>
</table>
Action Steps: (How will I achieve my goals)

Select three:

- Attend Tutoring sessions for (subject) __________________ on (dates) ____________________.
- Meet with academic coach in the next 2 weeks.
- Go talk to professor (name) __________ during office hours (time) __________.
- Go to TA review sessions for (subject) ________________ on (dates) ______________________.
  \*Remember to make notes during lecture so you know what to ask during office hours*
- Study in (location) ________________, (hrs per day) _______ for the next 2 weeks.
- Commit to ______ hours of uninterrupted, focused study per week.
  \*Is more effective/efficient if you study in the same place consistently*
- Create a master calendar for all assignments, home works, projects, tests, and finals.
- Attend all lectures/recitation/labs until the end of classes.
- Go to Counseling Center to get support with personal issues.
- Talk to classmates in (subject) ________________ to create a study group for finals.
- Limit extracurricular activities to (quantity) ____ until I finish with finals.
- Sleep (quantity) _____ hours per day.
- Refrain for social outings/parties if I haven’t completed my homework/reading/ for that week.
- Refrain from TV, facebook, video games, until homework/reading/ is complete for the day.
- Other:
  ____________________________
  ____________________________
- Other:
  ____________________________
  ____________________________

I am fully committed to following through with my success plan for this semester.

Sign: ____________________________ Date: ____________________________