Set expectations by having goals.
### SMART Goals:

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Poor Example</th>
<th>Better Example</th>
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</thead>
<tbody>
<tr>
<td><strong>Specific:</strong> Is clear and concise</td>
<td>I want to do well in INQ 240.</td>
<td>I want to make a B or better on my first INQ 240 test.</td>
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<tr>
<td><strong>Measurable:</strong> Tracks your progress.</td>
<td>I want to keep up with the reading for PSYC.</td>
<td>Read chapter 3 in my PSYC book by 8pm.</td>
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<tr>
<td><strong>Action-focused:</strong> Targets actions rather than qualities.</td>
<td>I want to enjoy doing homework.</td>
<td>I will complete my assignments 1-2 days before they are due.</td>
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<td><strong>Realistic:</strong> creates goals that are achievable.</td>
<td>I want to read 5 chapters for PSYC by the end of the day.</td>
<td>I want to read 2 chapters for PSYC by the end of the day.</td>
</tr>
<tr>
<td><strong>Timely:</strong> Has a reasonable completion time.</td>
<td>I want to graduate with a 3.0 GPA.</td>
<td>I will earn a 3.0 GPA by the end of fall semester.</td>
</tr>
</tbody>
</table>
I will earn a 3.0 GPA by the end of fall semester.

Now what?!
Break Semester Goals into Daily Tasks:

- Study 5-7 days in advance for all tests.
- Take all writing assignment to the WC for at least 3 revisions.
- Use the 80/20 rule for my social life
  - Miss zero classes until midterm
  - Never go out during the week
- Use my planner/semester calendar
  - Make a daily to-do list
  - Schedule time for studying every day
  - Make daily reading goals
  - Go to bed before 12 a.m. during the week
Evaluate Your Progress

- What did I accomplish today?
- What areas still need improvement?
- Do I need to adjust my plan?
- Do I need more self-discipline?
- Forgive your failures & reward your successes.