

Goal-Setting Questions

(from Heacox, 1991)

These questions are for students to think about during an interview with you. This page should NOT be given as a homework assignment. It is intended to guide discussion and facilitate reflections.

What is one area of my school performance I want to improve?

What is one thing I can do to accomplish my long term goal?

How can this short term goal be broken down into a step-by-step plan?

What is good about doing this? What are the benefits to me?

What are the things that might get in my way as I work toward my goal?

What special materials or help will I need to reach my goal?

How will I reward myself when I achieve my goal?

How will I check on my progress and make sure that my plan is working?

How will I remind myself of my goal?

How is my plan working? Is it working well? If not, why not?

Does my plan need to be revised?

Is the goal still necessary, important, appropriate?

Is the incentive right? Is the plan working?

Have I reached my goal?