

# 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.

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

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

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

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

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

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

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How will I reward myself when I achieve my goal?

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

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How will I remind myself of my goal?

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

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Does my plan need to be revised?

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Is the goal still necessary, important, appropriate?

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Is the incentive right? Is the plan working?

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Have I reached my goal?