

Goal Setting & Personal Targets Check-In

Focus: Setting and working toward realistic goals

Purpose: To promote ownership of learning and long-term motivation

Section 1: Defining Goals

1. **What's one academic goal you have for this term?**
(e.g., improve a subject grade, complete coursework on time, revise regularly)
 2. **Why is this goal important to you?**
(What will it help you achieve or feel proud of?)
 3. **Do you have any personal (non-academic) goals you're working on?**
(e.g., confidence, health, organisation, hobbies)
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Section 2: Tracking and Motivation

4. **How do you track your progress toward your goals?**
(e.g., checklists, planner, feedback, self-reflection, I don't track it)
 5. **What helps you stay motivated to keep working toward your targets?**
(e.g., rewards, role models, personal drive, encouragement, deadlines)
 6. **On a scale of 1–10, how committed do you feel to achieving your current goals?**
(1 = not committed at all, 10 = very committed)
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Section 3: Support and Strategies

7. **What support would help you reach your targets?**
(e.g., extra feedback, tutoring, better planning tools, quiet space, encouragement)
8. **What gets in the way of reaching your goals?**
(e.g., procrastination, distractions, stress, lack of time, unclear expectations)

9. **What's one small step you could take this week to move closer to one of your goals?**
10. **If you could give yourself one goal-setting tip for the rest of the year, what would it be?**