

**EOP and Undeclared
Advising Services**

GOALS AND ACTION PLAN

Name: _____

ID: _____ Semester/Year _____

Instructions: Complete this *Goals and Action Plan*. Take a few moments to reflect on what you want to accomplish this semester. Write out your goals below and indicate the action steps you will take to accomplish each goal. **A goal has three basic elements – it must be specific, realistic, and measurable.** What will I do specifically to ensure I will accomplish my goals? What are my action steps? (Be realistic, specific and indicate how often it will take action or by when I will complete the action.) What do I want to accomplish this semester at Cal Poly Pomona? What are my goals for this semester? (Be specific and realistic)

GOAL:	WHY IS THIS GOAL IMPORTANT? How will progress on this goal positively affect your life as a student at CPP?	BEHAVIOR CHANGE To make progress on this goal, what behaviors might you need to change? What new behaviors might you need to include.	Make your goal SMART: S pecific, M easurable, A chievable, R ealistic and T ime-Sensitive
EX: I want to exercise regularly	Exercising gives me more energy and helps me sleep better. With more energy and sleep, I'll be more alert in classes and can study with more focus.	I can't return to my room after classes because I'll be less likely to go to gym later. Instead, I'll pack workout clothes in my backpack and go to gym directly after class.	I will go to gym 4X/week, doing a combination of cardio and weights. I'll ask a friend to join me to keep me motivated and accountable. I'll keep a chart tallying my progress.
1.			
2.			
3.			