# Setting Goals

**Semester** Fall 2015

*Submit completed form to David Voorhees, SCI 230, by Dec 7, 2015.*

To increase your chance of success and program satisfaction, develop goals early in the semester and evaluate these goals regularly with your mentor. While you are expected to consider your mentor’s advice, you must ultimately make your own decisions.

## How does goal setting work?¹
- Goals that are personally meaningful tend to focus one’s attention on what is relevant and important.
- Goals make us selectively insightful. Goals also motivate us to act.
- Goals increase persistence. Persistent people tend to see obstacles as challenges to overcome rather than reasons to fail.
- Goals foster strategies and action plans so that you can get from where you are to where you want to be.

<table>
<thead>
<tr>
<th>Goals²</th>
<th>Accomplished? Why or why not?</th>
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<tbody>
<tr>
<td>1. What are your goals for the semester?</td>
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<tr>
<td>2. <strong>Academic:</strong> Is there any knowledge you want to acquire in particular? What information and skills will you need to achieve other goals?</td>
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<td>3. <strong>Career:</strong> What level do you want to reach in your career?</td>
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<td>4. <strong>Mindset:</strong> Which of the following mindsets do you have?³ How does your mindset allow you attain or keep from attaining your goals?</td>
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<tr>
<td>a. Your intelligence is something very basic about you that you can’t change very much.</td>
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<tr>
<td>b. You can learn new things, but you can’t really change how intelligent you are.</td>
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<tr>
<td>c. No matter how much intelligence you have, you can always change it quite a bit.</td>
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<td>d. You can always substantially change how intelligent you are.</td>
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**Principal Investigator**

David Voorhees  
Assoc Prof Earth Sci/Geology  
(630) 466-7900 ext. 2783  
dvoorhees@waubonsee.edu

**Co-Principal Investigator**

Danielle DuCharme  
Assoc Prof Biology  
(630) 466-7900 ext. 2345  
ducharme@waubonsee.edu

**Co-Principal Investigator**

Amy Frankel  
Assoc Prof Mathematics  
(630) 466-7900 ext. 2554  
afrankel@waubonsee.edu