Goal Setting Worksheet

Study Development Worksheet

| 1. This week’s top priority: |  |
| --- | --- |
| Three tasks I can do to achieve it: | 1.  2.  3. |
| How much time do I aim to spend on it?  What challenges do I expect to encounter? |  |
| 2. This week’s second priority: |  |
| Three tasks I can do to achieve it: | 1.  2.  3. |
| How much time do I aim to spend on it?  What challenges do I expect to encounter? |  |
| 3. This week’s final priority: |  |
| Three tasks I can do to achieve it: | 1.  2.  3. |
| How much time do I aim to spend on it?  What challenges do I expect to encounter? |  |

**Support**: Study Development offers workshops, short courses, 1 to 1 and small group tutorials.

* Book a tutorial or join a workshop on the [Study Development tutorial and workshop webpage](https://www.yorksj.ac.uk/students/study-skills/study-development-tutorials/) or search ‘YSJ study development tutorials.’
* Access our Study Success resources on the [Study Success webpage](https://www.yorksj.ac.uk/students/study-skills/study-success/) or search ‘YSJ study success.’