

#### **Goal Setting** Before Study ☐ Define SMART Goals Resources Workspace Schedule Singular study plan Group study plan Tracking Progress Working toward goals During Study Review course content Participate in discussion forums Following plan Review schedule Seek clarification Seek support Reviewing plan Review productivity Review progress After Study Reflection **Evaluate outcome Evaluate results**

Review and update SMART goals







#### Before Study: Goal Setting

List SMART Goals - Specific, Measurable, Achievable, Realistic & Timely
Is my workplace condusive to productivity? How can this be achieved?
How will I schedule myself to make sure I achieve my goals?
What is the best study plan to help me achieve my goals?



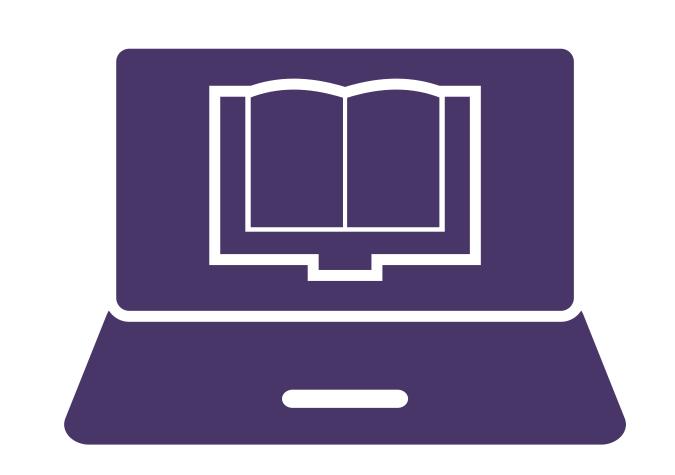




### During Study: Tracking Progress

How am I developing an understanding of my course content?
De I peed to revise my schedule to meet my geels?
Do I need to revise my schedule to meet my goals?
Have I considered breaks and left enough time for review?
Am I staying motivated? Have I considered when I'm most productive?







### After Study: Reflection

What about my study plan was effective/not effective?
How will I update my SMART goals?

