



# GOAL DEVELOPMENT PROJECT

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UNSS 200  
Section F

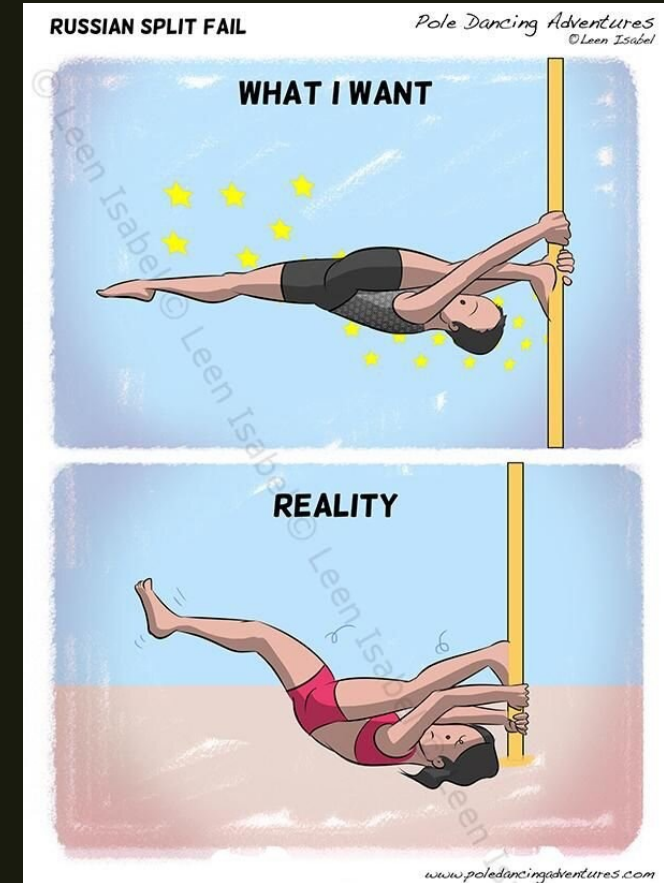
# But what goal?

## Academic Goal:

Attend my courses and to study at school

## Personal Goal:

Improve my flexibility and mobility!



**I NEED TO HAVE AT LEAST 70% IN MY  
FINAL FOR YOU TO DISREGARD MY MIDTERM GRADE?**



**CHALLENGE ACCEPTED**

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## The Challenges...

- Needed a more specific goal
- Not realistic
- Unplanned events
- Lack of motivation
- Failed Midterm, therefore in danger to fail my networking course ...
- After talking to my teacher, we made a deal.
- Had to revise my goals



# Revised Goals!

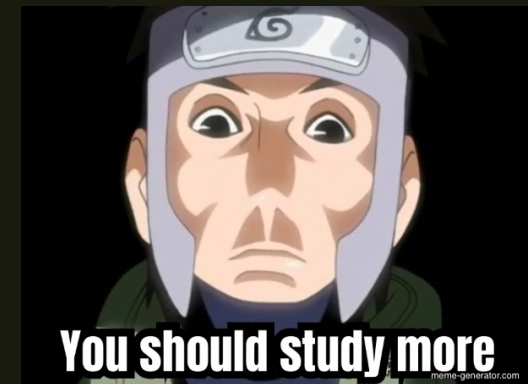
## Academic Goal:

Get a 70% in my networking class final exam!

## Personal Goal:

Declutter my apartment from my depressive episode mess

When you're cleaning your room and you get distracted by all the stuff you found.





# Action Plans



## Academic Action Plan

*S.M.A.R.T. Goal Statement: I want to get at least 70% on my COMP 445 Finals.*

Week	Action	Score
4	<ul style="list-style-type: none"> <li>Attend UNSS 200</li> <li>Study at library/labs – 1x</li> </ul>	/ 2
5	<ul style="list-style-type: none"> <li>Attend UNSS 200</li> <li>Study library/labs – 1x</li> </ul>	/ 2
6	<ul style="list-style-type: none"> <li>Attend UNSS 200</li> <li>Study library/labs – 1x</li> </ul>	/ 2
7	<ul style="list-style-type: none"> <li>Attend UNSS 200, COMP 445 Wed,</li> <li>Study library/labs – 2x</li> </ul>	/ 4
8	<ul style="list-style-type: none"> <li>Attend UNSS 200, COMP 339 Tues</li> <li>Study library/labs – 2x</li> </ul>	/ 4
9	<ul style="list-style-type: none"> <li>Start lab assignment 2</li> <li>Review chapter 3 material</li> </ul>	/ 2
10	<ul style="list-style-type: none"> <li>Review chapter 4 material</li> <li>Start chapter 5</li> <li>Finish lab assignment 2</li> </ul>	/ 3
11	<ul style="list-style-type: none"> <li>Start Lab Assignment 3</li> <li>Start Theory Assignment 2</li> <li>Review chapter 6</li> </ul>	/ 3
12	<ul style="list-style-type: none"> <li>Review chapter 7</li> <li>Finish Theory Assignment 2</li> <li>Work on lab assignment 3</li> </ul>	/ 3
13	<ul style="list-style-type: none"> <li>Review chapter 8</li> <li>Finish lab assignment 3</li> </ul>	/ 2

Initial goal: *Go to school to study and attend courses each week.*

Note: The grayed rows are deprecated actions for my initial goal.

## Personal Action Plan

*S.M.A.R.T. Goal Statement: I want to reduce clutter around the house*

Week	Action	Score
4	<ul style="list-style-type: none"> <li>Assess areas I need to improve in terms of flexibility</li> </ul>	/ 1
5	<ul style="list-style-type: none"> <li>Establish program</li> <li>Take 'before' progress pics</li> </ul>	/ 2
6	<ul style="list-style-type: none"> <li>Stretch more intensively after Yoga</li> </ul>	/ 2
7	<ul style="list-style-type: none"> <li>Yoga 2x</li> <li>Stretch session x2</li> </ul>	/ 4
8	<ul style="list-style-type: none"> <li>Yoga 2x</li> <li>Stretch session x2 (1.mobility, 1.static flexibility)</li> </ul>	/ 4
9	<ul style="list-style-type: none"> <li>Clean up living room</li> <li>Organize living room</li> </ul>	/ 2
10	<ul style="list-style-type: none"> <li>Maintain living room to minimal clutter</li> <li>Clean bathroom</li> <li>Organize bathroom</li> </ul>	/ 3
11	<ul style="list-style-type: none"> <li>Maintain living room to minimal clutter</li> <li>Maintain bathroom to minimal clutter</li> <li>Clean the kitchen</li> <li>Organize the kitchen</li> </ul>	/ 4
12	<ul style="list-style-type: none"> <li>Maintain living room to minimal clutter</li> <li>Maintain bathroom to minimal clutter</li> <li>Maintain kitchen to minimal clutter</li> <li>Clean bedroom</li> <li>Organize bedroom</li> </ul>	/ 5
13	<ul style="list-style-type: none"> <li>Maintain living room to minimal clutter</li> <li>Maintain bathroom to minimal clutter</li> <li>Maintain kitchen to minimal clutter</li> <li>Maintain bedroom to minimal clutter</li> <li>Clean hallway</li> <li>Finish fixing up the wall in hallway</li> </ul>	/ 6

Initial Goal: *I want to work on my flexibility and mobility.*

Note: The grayed rows are deprecated actions for my initial goal.