

LEARNING JOURNAL

In Chapter 1 of the text, goal setting is discussed. Select a business-related or professional goal (e.g. lose weight, complete a course of study, find a new job, etc.) you want to achieve in the next 12 months. Address each part of the SMART technique -- Specific, Measurable, Achievable, Realistic, and Time-bound-- providing relevant details about the goal for each component of the goal-setting process.

Be sure that your Learning Journal entry is a minimum of 500 words.

Note: Please submit only when completed, by the end of the Unit. The Learning Journal forms part of the formal final grade and is intended to help students organize, consolidate and record their thoughts, activities, and accomplishments. It also allows the course Instructor to get a sense of how a student is progressing and what he/she has done beyond the mandatory assignments. Remember that only you and your instructor will have access to your Learning Journal.