* 3) Identify Our Goals and discussing for each goals :

1. Two Short Term Goals :

* Increase my Vocabulary

* Reading many type of books and try to understand this word what it say, these factors will help me achieve this goal.
* Ability to Forget My Words these potential barriers are to achieving this goal.
* My plan is to read a simple story book for only one hour in a day.
* Complete the I-cloud certificate course :
* My Computer typing speed and Knowledge about hardware, these factors will help me achieve this goal.
* I can’t give time for this course, so time management these potential barrier are to achieving this goal.
* My plan is to complete one lecture of this course in a whole day.

1. One Long Term Goals :

* To work in Google :
* Complete my graduation with good marks and my I-cloud certificate, there factors will help me achieving this goal.
* If I don’t get my i-cloud certificate on time, so these is potential barrier are to achieving this goal.
* My plan is to Complete my I-cloud course in midterm.

4) I feel that these three biggest Stressors are in this term :

* My performance level decrease
* Beyond our coping abilities
* Can lead to mental and physical health problems.
* My plan is to sleep more ( 8 to 9 hours if possible) and Fun with my friends.