"Education is our passport to the future, for tomorrow belongs to the people who prepare for it today."  
-Malcolm X

GOAL SETTING 101

SPECIFIC – USE THE 6 W QUESTIONS TO HELP YOU SPECIFY EXAMPLE: A general goal would be, "Get in shape." But a specific goal would say, "Join a health club and workout 3 days a week."

MEASURABLE – ESTABLISH CONCRETE CRITERIA FOR PROGRESS

When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.

ATTAINABLE – IF THEY ARE IMPORTANT, YOU WILL DEVELOP ATTITUDES, ABILITIES, & SKILLS TO REACH THEM

A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Your goal is probably realistic if you truly believe that it can be accomplished.

REALISTIC – A GOAL MUST REPRESENT AN OBJECTIVE TOWARDS WHICH YOU ARE BOTH WILLING AND ABLE TO WORK

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TIMELY – A GOAL SHOULD BE GROUNDED WITHIN A TIME FRAME

With no time frame tied to it there’s no sense of urgency. If you want to learn the violin, when do you want to do it, then keep on doing it, and finally you’ll finish it, even if in the beginning you think you can’t do it at all."  
— Langston Hughes

"Change requires intent and effort. It really is that simple."  
— Roxane Gay

"Every storm runs out of rain."  
— Publius Syrus

"All we have to decide is what to do with the time that is given us."  
—J.R.R. Tolkien

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<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>March 27: Classes Begin</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31: Ten Week Independent Study and Overload Petition Deadline 5pm</td>
<td>April 1</td>
<td>2: Ten week course drop/add deadline 11:59pm</td>
<td>1: Five week course drop/add deadline 11:59pm</td>
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<tr>
<td>Week 2</td>
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<td>Week 3</td>
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<td>12</td>
<td>13</td>
<td>14: 1st five week course late drop deadline and S/CR/NC deadline 5pm</td>
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<td>Week 4</td>
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<td>Week 5</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27: Last day of first five weeks</td>
<td>28: First day 2nd five weeks</td>
<td>29: Midterm Break</td>
<td>30: Midterm Break</td>
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<tr>
<td>Week 6</td>
<td>May 1: Midterm Break</td>
<td>2: Classes Resume</td>
<td>3</td>
<td>4</td>
<td>5: 2nd five week course drop/add deadline 5pm</td>
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<td>Week 7</td>
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<td>9</td>
<td>10</td>
<td>11</td>
<td>12: Ten Week Course Late Drop Deadline and S/CR/NC Deadline 5pm</td>
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<td>Week 9</td>
<td>22: Registration for Fall Term begins (through Sept 10)</td>
<td>23: Advising Days ends</td>
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<td>Week 10</td>
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<td>30</td>
<td>31: Last Day of Classes</td>
<td>June 1: Reading Days</td>
<td>2: Reading Days</td>
<td>3: Exams</td>
<td>4: Exams</td>
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<tr>
<td>Week 11</td>
<td>5: Exams</td>
<td>6: Packing Day</td>
<td>7</td>
<td>8</td>
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<td>10: Commencement</td>
<td>11: Summer Break begins</td>
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