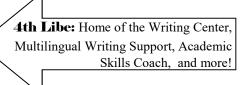
Academic Support Center: http://apps.carleton.edu/campus/asc

"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, ABILI-

TIES, & SKILLS TO REACH THEM

You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals. You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps.

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

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.

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 that? "I'm going to learn the violin by the end of spring term."

"To do two things at once is to do neither." -Publius Syrus

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

Academic Support Center Staff

Melanie Cashi	in Kristen Vogel	Russ Petricka	Erik Warren	
Director	Assistant Director and Coordinator of Multilin- gual Writing Support	Supervisor of the Math Skills Center	Program Assistant and Academic Skills Coach	
mcashin	kvogel	rpetrick	ewarren	

SERVICES

- Academic Tutoring
- Academic Skills Coaching
- Speech Coaching •
- Writing Center
- Math Skills Center
- Prefect Program
- Second-Language Writing Support



Math Skills Center



"I learnt that the only way to get a thing done is to start 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." - Maya Angelou

4th Libe Offices:

Writing Center, 420 Main Office, 420A (Erik) Academic Tutoring, 420A Academic Skills Coaching 420A Prefect Program, 420C (Melanie)

Support for Multilingual Writers, 420C (Melanie)

BIOL	126 00	Energy Flow in Biologi- cal Systems	Nishizaki, Sung, Winton	4a	RUAIRI BROWN EESHANI BUDDI	
BIOL	240	Genetics	S. Zweifel	4a	MARGARET HU	
CHE M	123	Principles of Chem	R. Horness	3a	MIRIAM SHTEYMAN	
CHE M	224	Principles Chemistry II	Drew	1a	BEN EVELAND	
CHE M	234	Organic Chemistry II	Skubi	3a	CLAIRE LEE- ZACHEIS	
CS	111	Intro Computer Sci	Amert	2a	COLIN JAMES	
CS	111	Intro Computer Sci	Finzell	4a	MIKA SHIFFMAN	
CS	201	Data Structures	Vostinar	3a	TORI SHEN	
CS	201	Data Structures	Narayan	5a	ARISHA KHAN	
CS	202	Math of Computer Sci	Alexander	4a	EVELYN XIE	
CS	208	Intro to Computer Sys	Vostinar	1a	ARTHUR VIEGAS EGUIA	
CS	251	Programming Lan- guages	Rafferty	1a	GRAHAM GORDON	
CS	252	Algorithms	Oesper	3a	THEA TRAW	
CS	252	Algorithms	Ondich	2a	KIRI SALIJ	
CS	254	Computability/Complex	J. Davis	5a	LILY HAAS	
CS	257	Software Design	Lepinski	2a	JAKE JASMER	
ECO N	110	Macroeconomics	V. Almeida	4,5 c	ARHAN MEHTA	
ECO N	110	Macroeconomics	M. Hemesath	5a	OWEN JONES	
ECO N	111	Microeconomics	N. Grawe	4,5 c	CAMERON DOLBOW	
ECO N	111	Microeconomics	J. Lafky	3a	JACKSON EIPPERT	
MAT H	241	Differential Equations	R. Thompson	3a	SOPHIE BOILEAU	
POS C	230	Political Research	G Marfleet	2,3 c	MEREDITH CALDWELL	
PSY C	200	Measure Data Analysis	M. Campbell	2,3 c	ANNA WELLER	
PSY C	216	Behavioral Neurosci	L. Wichlinski	3a	MARA SWANSON	
STAT	120	Intro to Statistics	Adam Loy	3a	OWEN FORMAN	
STAT	120	Intro to Statistics	Andy Poppick	4a	COLLIN ELDRIDGE	

Spring 2024 PREFECT COURSES

NEED ASSISTANCE? Contact Erik @ ewarren

Spring 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	March 25: Classes Begin	26	27	28	29:Ten Week Independent Study and Overload Petition Deadline 5pm	30	31:1st five week course Drop/Add deadline 11:59pm :Ten week course Drop/Add deadline 11:59pm
Week 2	April 1	2	3	4	5	6	7
Week 3	8	9	10	11	12: 1st five week course late drop deadline and S/CR/ NC deadline 5pm	13	14
Week 4	15	16	17	18	19	20	21
Week 5	22	23	24	25:Last day of first five weeks	26: 2nd five week begins	27: Midterm Break	28: Midterm Break
Week 6	29: Midterm Break	30: Classes Resume	May 1	2	3: 2nd five week course drop/add deadline 5pm	4	5
Week 7	6: Advising Days	7: Advising Days	8: Advising Days	9: Advising Days	10: Ten Week Course Late Drop Deadline and S/CR/NC Deadline 5pm : Advising Days	11: Advising Days	12: Advising Days
Week 8	13: Advising Days	14: Advising Days	15: Advising Days	16: Registration for Fall Term Begins : Advising Days	17: 2nd five week course late drop deadline and S/CR/NC deadline 5pm : Advising Days	18	19
Week 9	20	21	22	23	24	25	26
Week 10	27	28	29: Last Day of Classes	30: Reading Days	31: Reading Days	June 1: Exams	2: Exams
Week 11	3: Exams	4	5	6	7	8: Commencement	9: Summer Break begins