“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
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 neither? “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:  http://apps.carleton.edu/campus/asc

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

Academic Support Center Staff

Melanie Cashin  Melanie Cashin  Russ Petricka  Erik Warren
Director  Coordinator of Multilingual Writing Support  Supervisor of the Math Skills Center  Program Assistant and Academic Skills Coach

Academic Services

BIOL 301 Survey of BioChem  Horness  2a  50  VANESSA CHERNIECKI
BIOL 220 Disease, Ecology  HUND  2a  25  GWEN CASEY
BIOL 248 Behavioral Ecology  Bosacker  2a  4a  RAQUEL SANTAMARIA GERMANI
CHEM 123 Principles of Chem  Blythe  2a  2a  AVERY DUNN
CHEM 123 Prin of Chem w/PS  Kohen  2a  4a  SAM CHACKERIAN
CHEM 224 Principles of Chem  Chihade  1a  2a  MIRIAM SMITEYMAN
CHEM 233 Organic Chem 1  Hofmeister  2a  4a  CLAIRE LEE-ZACHENS
CHEM 234 Organic Chem 2  Kaz Skubi  2a  4a  YINAN GAO
CS 111 Intro to CS  Armer  2a  2a  DANIEL LINDER
CS 111 Intro to CS  Fierzell  2a  3a  KYRA HELMBOLD
CS 111 Intro to CS  Vostinar  1a  2a  MIKA SHIFFMAN
CS 201 Data Structures  Vostinar  1a  3a  DEXTER KONG
CS 200 Data Struct. w/ prob solving  Musicant  4a  25  THEA TRAW
CS 202 Math of CS  Narayan  1a  5a  JAKE JASMER
CS 208 Intro to CompSys  Ondich  1a  2a  KAITLYN PETERSON
CS 251 Programming Lang  Musicant  3a  3a  AADITYAKANU
CS 252 Algorithms  Alexander  4a  3a  NATHANIEL LI
CS 254 Computability and Complexity  Rafferty  1a  4a  LILY HAAS
CS 257 Software Design  Cszmargal  2a  20  DYLAN SMITH
CS 257 Software Design  Lepinski  1a  2a  KIRI SALI
ECON 110 Macroeconomics  Victor Almeida  2a  30  CAROLINE GANS
ECON 110 Macroeconomics  Yingtong Xie  3a  3a  OLIVIA CORBO
ECON 111 Microeconomics  Swoboda  2a  30  SOFIA HANNA
ECON 111 Microeconomics  Seneviratne  4a  30  LIBBY ROWLAND
ECON 111 Microeconomics  Lafky  2a  3a  JULIA BARTLET
MATH 120 Calculus II  Brooke  2a  3a  ELENA PARKERSON
MATH 241 Diff Equations  Johnson  3a  30  ISAAC VAN ORMAN
POS 230 Methods of PR  Dawkins  1a  18  ROBERT HEALY
PSYH 200 Measurement and Data Analysis  Van Der Wege  1a  3a  ANNA WELMD
STAT 120 Intro to Statistics  Bastola  1a  3a  ERIC ZHOU
STATS 120 Intro to Statistics  Kelling  4a  3a  OWEN FORMAN

NEED ASSISTANCE? Contact Erik @ ewarren

Winter 2024 PREFECT COURSES

4th Libe: Home of the Writing Center, Multilingual Writing Support, Academic Skills Coach, and more!

4th Libe Offices: Home of the Writing Center, Multilingual Writing Support, Academic Skills Coach, and more!

"I learnt that the only way to get a thing done is to start doing it, even if in the beginning you think you can’t do it at all.”
- Malcolm X

"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

"Check requires intent and effort. It really is that simple.”
- Roxane Gay

"Every storm runs out of rain.”
- Pearl S. Buck

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- Maya Angelou

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<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td></td>
<td>January 1/New Years Day</td>
<td>2</td>
<td>3: Classes Begin</td>
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| Week 2 | 8 | 9: Ten Week Independent Study and Overload Petition Deadline 5pm: 1st five week course Drop/Add deadline 11:59pm: Ten week course Drop/Add deadline 11:59pm | 10 | 11 | 12 | 13 | 14 |

| Week 3 | 15 | 16: Ten Week Independent Study and Overload Petition Deadline 5pm: 1st five week course Drop/Add deadline 11:59pm: Ten week course Drop/Add deadline 11:59pm | 17 | 18 | 19: 1st five week course late drop deadline and S/CR/NC deadline 5pm | 20 | 21 |

| Week 4 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |

| Week 5 | 29 | 30 | 31 | February 1 | 2 | 3: Midterm Break | 4: Midterm Break |

| Week 6 | 5: Midterm Break | 6: Classes Resume: Last day of first five weeks | 7: 2nd five week begins | 8 | 9 | 10 | 11 |


| Week 8 | 19: Registration for Spring Term Begins: Advising Days | 20: Advising Days End | 21 | 22 | 23: 2nd five week course late drop deadline and S/CR/NC deadline 5pm | 24 | 25 |

| Week 9 | 26 | 27 | 28 | 29 | March 1 | 2 | 3 |

| Week 10 | 4 | 5 | 6 | 7 | 8: Last Day of Classes | 9: Reading Days | 10: Reading Days |