



Do you receive Financial Aid (Pell Grants, Scholarships, etc.)?	Yes	No	
Do you currently work or plan to work?	Yes	No	How many hours/week?
Do you participate in any extra-curricular activities?	Yes	No	How many hours/week?

**What are your career goals?**

**Do you plan to stay in your current major? Why or why not?**

**Looking at the courses you have taken in the past, do you see a pattern where a particular type of course affected your academic success? If so, what type of course? (ex: chemistry, math, physics, etc.). Do you have future courses planned in these areas? If so, what is your plan for improving your grades in those courses?**

**If you answered yes to participating in extra-curricular activities (volunteer, sports, clubs, etc.), please list the activities and the amount of time you spend on each activity. Be honest! We can't help if we don't know the truth.**

Looking at your unofficial transcripts in Hokie Spa, do you see a difference between your grades during the fall semesters vs. the spring semesters? If so, why do you feel you do better in one semester vs. another semester?

What do you feel would be most beneficial in helping you achieve academic success? Why?

What questions do you have regarding your current academic standing?

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**Step 2:** Generate possible solutions to obstacles. Use the matrix on the next page to list the obstacles you faced last semester and three potential solutions for each obstacle. You should visit the following resources to learn more about the services available at Virginia Tech to identify solutions.

Resource	Services Provided
<a href="#">Student Success Center</a>	Study skills, time management, test-taking and note-taking strategies, tutoring, academic coaching
<a href="#">Cook Counseling Center</a>	Provides opportunities for students to learn more about themselves as individuals, form deeper relationships with their peers, and grow to benefit our community and society at large. Services include individual and group counseling, psychiatric care and psychotherapy, and educational programming.
<a href="#">Career &amp; Professional Development Center</a>	Guides students in pursuing majors and careers consistent with your interests, skills, values, and personalities. Through career counseling, self-assessment, and exploration, students discover themselves. Students learn how to create a resume/cover letter, conduct mock interviews and search for on-campus work-study positions, internships, and jobs.
<a href="#">Services for Students with Disabilities</a>	Serves students who have or think they may have disabilities. The department provides numerous accommodations, services, and resources for students with disabilities and temporary injuries or illnesses.
<a href="#">Diversity Support</a> and <a href="#">Engagement Opportunities</a>	Advocate for a safe, inclusive environment and to advise students as you navigate life at Virginia Tech. Through programming and events, the Cultural and Community Centers raise cultural awareness and invite the community to learn about and develop an appreciation for cultural differences.
<a href="#">Hokie Wellness</a>	Seeks to foster a healthier Virginia Tech community by providing prevention services, education, outreach, and resources to students. Offers a variety of educational services and works to provide programming and resources which will enhance health and well-being by focusing on the physical, emotional, spiritual, social, and financial well-being of all Hokies.

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**Step 3:** Develop your plan of action.

Write your top 3 goals in the chart below that relate to your success in the upcoming semester. Determine what you need to do to accomplish each goal by creating an action plan. As a final step, think about the challenges or obstacles you might encounter that would interfere or prevent you from accomplishing your goals and decide how you can overcome the obstacle(s).

Use the **SMART** technique for achieving your goals.

**S = Specific:** Make your goal as specific as possible. *(Example: I will have a 2.5 cumulative GPA by the end of the spring 2022 semester)*

**M = Measurable:** Be sure that your goal is measurable. *(Example: I will be able to measure whether or not I have achieved my desired GPA at the end of the semester)*

**A = Attainable:** Set goals that you can achieve. *(Example: I have used the term GPA calculator in Hokie Spa and know that a 2.5 overall GPA is possible by the end of the spring 2022 semester)*

**R = Realistic:** Set goals that are realistic. *(Example: I can realistically achieve a 2.5 overall GPA if I earn 4 B's and 1 C this semester)*

**T = Timely:** Establish a timeline for reaching your goal. *(Example: I can achieve my goal by the end of the spring 2022 semester)*

<b>EXAMPLE SMART GOAL</b>	Improve my writing skills by the end of the spring 2022 semester
How I will achieve this goal	I will schedule 10 hours per week to focus on my English class.
Obstacles I may face	Difficulty understanding the writing prompt. Procrastination when it's time to start a paper.
Strategies for overcoming obstacles	I will attend a workshop on ways to overcome procrastination through the Student Success Center. I will meet with my ENGL 1106 instructor for extra help.

<b>SMART GOAL #1</b>	
How I will achieve this goal	
Obstacles I may face	
Strategies for overcoming obstacles	

<b>SMART GOAL #2</b>	
How I will achieve this goal	
Obstacles I may face	
Strategies for overcoming obstacles	

<b>SMART GOAL #3</b>	
How I will achieve this goal	
Obstacles I may face	
Strategies for overcoming obstacles	

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