Academic Goal Setting

Setting goals is about keeping the good and, more often, about changing what needs to be fixed. **Academic Transformation** is the process by which you will carefully assess your current situation as a student, determine specific short- and long-term academic goals based on your values, chart changes necessary to reach those goals, and then make those changes. You'll be transforming from a **teacher-centered learner** to an **autonomous learner.**

A **teacher-centered learner** (which is what many high schools reward) follows directions and memorizes well, but doesn't make their own connections and never sets their own learning goals.

An **autonomous learner** is independently competent in a wide variety of academic tasks, able to actively achieve goals based on values, and skilled in self reflection.

Autonomous learners:

- have a realistic self-concept
- know themselves as students
- are ethical
- vary their learning strategies
- manage their behavior
- use resources
- and know how to set goals.

What makes a "good" or "smart" goal?

- SMART goals:
  - Specific
  - Measurable
  - Achievable
  - Realistic
  - Timely
- Also: In line with your values and the values of your community