

Backward Goal Setting

What is Backward Goal Setting?

Backward Goal Setting, also known as Backward planning is a problem-solving strategy where you start with your goal and then work your way down to figure out the steps that you need to take to achieve it.

Areas of Improvement

1. Academics- How will you improve as a student this semester/school year?
2. Social- How will you create relationships with your peers on campus?
3. Personal- How will you prioritize your well-being this semester/school year?
4. Professional- How will you participate in your professional development this semester/school year?

Backward Goal Setting Example

	GOAL(S)	ACTION ITEMS	SUPPORTING RESOURCES
ACADEMICS	1. Achieve a B+ in Organic Chemistry	<ol style="list-style-type: none"> 1. Create a Quizlet of compounds 2. Attend all SI sessions 3. Do chapter exercise each night 	SI sessions, office hours, tutoring, textbook, professor, & success coach
	2. Achieve a B+ in Underwater Basket Weaving	<ol style="list-style-type: none"> 1. Reserve time for practice 2. Practice weaving technique 3. Practice holding breath 	Pool, coach, YouTube videos, & other weavers

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	GOAL(S)	ACTION ITEMS	SUPPORTING RESOURCES
ACADEMICS	1.	1. 2. 3.	
	2.	1. 2. 3.	
SOCIAL	1.	1. 2. 3.	
	2.	1. 2. 3.	
PERSONAL	1.	1. 2. 3.	
	2.	1. 2. 3.	
PROFESSIONAL	1.	1. 2. 3.	
	2.	1. 2. 3.	