

HOW CAN WRITING YOUR GOALS HELP YOU ACHIEVE THEM?



RESEARCH HAS FOUND THAT...

- 1) **Writing** about your goals
- 2) Being specific about the **strategies** you'll use to achieve them

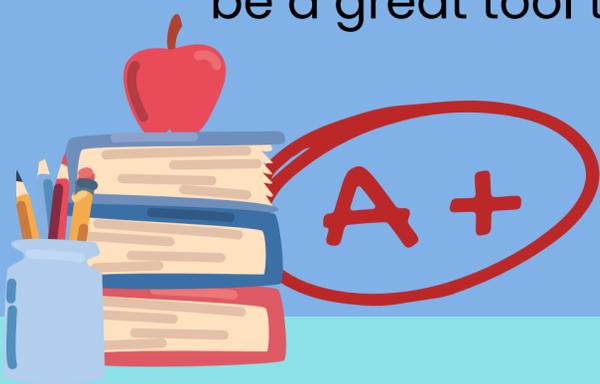
Leads to **HIGHER ACADEMIC ACHIEVEMENT**

no matter what type of goals you set (academic vs personal)



WRITING OUT YOUR GOALS HELPS EVERYONE!

No matter your age, gender or culture, write about your goals can be a great tool to help you succeed!



INCREASED MOTIVATION

Writing about your goals has also been associated with increasing other factors you need to achieve academically (such as, motivation).



HAVE EXAMS AND DUE DATES COMING UP?

It might be worth taking a bit of time away from writing academic papers and spend some time writing down your goals for how you want to finish the semester strong.

