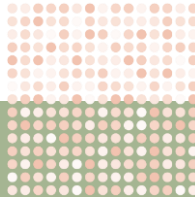




GLION SELF-HELP SERIES

Learning Support



Setting realistic goals



Setting goals gives your studies direction and motivation — but they only work if they're achievable. Realistic goals help you stay focused, manage your time, and build confidence as you make steady progress.



Why setting goals matters?

Gives direction: You know exactly what you're working toward

Improves motivation: Small successes keep you going

Reduces stress: Helps you prioritize what really matters

Builds self-confidence: Each completed goal proves what you can achieve



Step-by-step: how to set realistic goals

1 Know your priorities

Ask yourself:

- What matters most this semester? (grades, thesis, internship, wellbeing?)
- Which goals align with your long-term plans?

Start with the areas that will have the biggest impact.

2 Use the SMART framework

SMART goals are:

Specific	What exactly do you want to achieve?
Measurable	How will you know you've achieved it?
Achievable	Is it realistic given your time and resources?
Relevant	Does it align with your priorities or course objectives?
Time-bound	When will you complete it?

Example:

- ✗ "Do better in research methods."
- ✓ "Improve my Research Methods grade from 68% to 75% by attending every tutorial and submitting my assignments two days early."

3 Break big goals into smaller steps

Large goals can feel overwhelming. Divide them into manageable chunks.

Example (Writing an Essay):

1. Week 1 – Choose topic and find sources
2. Week 2 – Write outline and introduction
3. Week 3 – Complete draft and revise

This keeps momentum and builds a sense of achievement.



4 Plan for obstacles

Expect challenges and decide how you'll handle them.

- If time is limited → block study sessions in your calendar
- If motivation drops → study with a friend or set small rewards
- If distractions arise → use focus tools or library quiet spaces

5 Track your progress

- Tick off small steps as you complete them
- Reflect weekly: What's working? What needs adjusting?
- Celebrate milestones — even small ones matter





Tips & Tricks

- Start small: Achievable goals build confidence
- Write them down: Seeing goals makes them concrete
- Stay flexible: Adjust goals if priorities shift
- Avoid perfectionism: Aim for progress, not perfection
- Review regularly: Reset goals each week or month

Reflective exercise

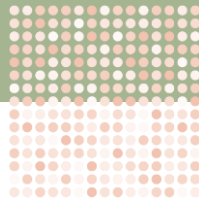
At the end of each week, ask yourself:

- What goal did I achieve?
- What helped me stay focused?
- What can I improve next week?

Use a goal planner

See this example:

Goal	Why it matters	Action steps	Deadline	Progress



Contact us

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