



i.e. "I couldn't run a mile in 8 minutes a month ago, but because I kept with my training plan, I now achieved my goal."

i.e. "I earned a B on my first math exam, but this one I earned an F. I feel like I should give up and drop the class. I didn't go to the Math Help Center before this exam; I should use this resource again and see how the next exam goes."

i.e. "My long-term goal is to graduate with a 4 year degree." "My short-terms goals include: attending all of my classes each week, start studying for exams at least 5 days before, and meet