Starting Strong with Goal Setting

# Next Steps: Follow-up Questions

Note for instructors: Ask students to give goal check-ins throughout the semester to discuss their goal progress. These check-ins can occur at the semester midterm and ending, or they may occur more frequently. Students may provide updates via written text, video, or audio submissions. They can share with others in LMS discussion board posts or only with the instructor as assignment or non-graded submissions.

The questions below can be used to prompt students to reflect on their semester/course goals:

1. How would you describe your overall progress towards the goals you set at the beginning of the semester?
2. What are some specific achievements you’ve made toward your goals so far?
3. Have you encountered any challenges or obstacles that have affected your progress towards your goals?
4. How have you been addressing or overcoming these challenges?
5. Have you had to adjust or refine your initial goals? If so, how?
6. How have your expectations changed, if at all, since the beginning of the semester?
7. What specific resources or support systems (e.g., campus services, classmates, AI, etc.) have you used to help you work towards your goals?
8. Is there any additional support or resources you feel you need?
9. How have you been managing your time to stay on track with your goals?
10. In what ways has the course contributed to your learning and skill development related to your goals?
11. Are there specific topics or assignments that have been especially beneficial for your academic/professional growth?
12. Looking ahead to the rest of the semester, do you have any specific plans or adjustments in mind to further progress towards your goals?
13. How do you envision applying what you've learned in this course to your future academic or professional pursuits?