

K. Cox Schmidt

SMART GOALS!

InTrO. Prof

FOUNDATIONS

S • Want to come to class prepared w/ all materials (EX. 20 mins, 30 mins prep, notes, BP cuff, partner)

M • Will get all everything I need the night before to make sure and know I have everything.

A • When doing this, I will feel more prepared for class and less stressed.

R • Being prepared for class is important because it will help me to be more successful.

T • At the end of each week - being Friday, I will check to make sure I am doing this & it will help me.

S • I will receive a "B" or higher in this class.

M • I am giving myself a "B" to make I push myself but also help me succeed.

A • We are 4 weeks in and I have an "A" in the class, I just have to keep doing what I'm doing and hopefully reach that goal.

R • Getting at least a "B" will help me succeed in my upcoming classes because I should have a good foundation.

T • I have until 12/15 to make sure I reach this goal.

S • I will make sure to have all ART assignments done by Saturday 6:11:09 so I am not rushing & actually learning the material.

M • We have all week to do ART assignments, there is no reason to delay until last min. to do them.

A • doing this will cause less stress & more time to learn material.

R • being able to learn material will allow me to be more successful in the class.

T • on Monday each week, I will see assignments that are due that week & plan when I am going to do them so I know they will be done Saturday.

S • I will make sure to have all assignments turned in on time.

M • We get a syllabus on the first day of class & it tells us all of our assignment due dates. I get 2 hrs each day to study/homework.

A • I will look ahead at assignments and plan in my planner when I will do them to get them turned in on time.

R • doing this, I hold myself accountable and it helps me practice time-management.

T • I will check at the beginning of each week so I know I am getting assignments done.

H. ASSESSMENT

S • I will make sure to practice blood pressure on 10 different people before check off day on 9/20/2023

M • I will make sure to do 2-3 people per day to meet my goal.

A • doing this will help me feel more confident on check off day rather than nervous.

R • the more I practice, the more confident I will feel in the field.

T • I will have at least 10 people that I have practiced on by 9/18/2023 so I am ready.

PATHOPHYSIOLOGY

S • I will dedicate & block out 2 hrs. each day to study and do homework.

M • many professors expect us to use that we need to be studying minimum 2hrs. each day to keep up w/ material.

A • can plan my evening around studying/homework because all my classes start in the morning.

R • doing this, I am able to prioritize my time so I can stay up w/ my studies & also spend time w/ my family.

T • I will plan out my day the night before so I know I am getting my studies in but also family time.

S • My goal is to get a 95% or higher exam average at the end of the semester.

M • I am able to track my own grades, so I can keep up & calculate the stats I will need to achieve that.

A • I ended up getting a 93% on my first exam, so I feel like if I keep up what I am doing I'll be able to achieve this goal.

R • By being successful on exams, it will help me in the future because I will understand the information.

T • I will check exam grade after every test then average them out at end of semester.

S • I will not miss a day of class this whole semester.

M • I am able to track my days that I am in class & I can make sure nothing stops me from missing.

A • doing this, I will not miss any important material.

R • I will be able to keep up on what we are learning and make sure I understand it.

T • I have until 12/12 to hold myself accountable to not miss any classes.