

#### Foundations:

1. I will earn at least 87% on my Foundations exams by studying two hours daily with notes and flashcards, completing this throughout the semester.
2. I will master manual blood pressure measurement by practicing with a peer twice a week until I can perform 10 consecutive successful attempts by the end of the four-week lab for Foundations.

#### Health Assessment:

1. I will score at least 92% on the first Health Assessment exam by studying and taking practice quizzes for at least two hours daily.
2. I will perform a perfect health assessment with no errors by the end of week thirteen by practicing and reviewing each new section of the assessment that is received weekly.

#### Pathophysiology:

1. I will complete all of my F.A. Davis assignments three days before the due date to allow plenty of time to review and study for upcoming exams.
2. I will pass each pathophysiology exam with a 90% by taking quality notes during class, practicing, and reviewing throughout the semester.

#### Introduction to Professional Practice:

1. I will speak up to contribute to class discussion five times per class for the rest of the semester for Introduction to Professionalism. I will stay ahead of my classwork, including ATIs, papers, and lectures, and submit them early to ensure time management and professionalism throughout the semester.