

## My semester goals – Individual plan, 1<sup>st</sup> part

### Name and surname:

*The purpose of this document is to prepare individual goals for the current semester of your studies. The plan will serve as a support in managing your studies and making your work meaningful. The document guides you step by step through the planning process.*

### 1. Study area covered by the plan

*It can be a specific subject(s) or the semester as a whole. If you choose a certain subject, I suggest one that is more extensive, demanding, challenging for you ...*

### 2. Learning goals and knowledge I want to achieve

Remember Bloom's taxonomy of learning goals. What do you want to understand, know how to use, be able to analyze/research, which topic do you want to know enough of to be able to integrate knowledge, use it in new contexts, to design interventions, to be able to evaluate content, interpret, debate it with others, critically evaluate it ...?

Define specific learning objectives (SMART method).

Determine the dimensions of knowledge - factual, conceptual, procedural and metacognitive.

#### a) Learning objectives (*set at least 5 learning objectives*)

#### b) Knowledge (*determine at which levels you want to acquire knowledge and specifically write down at least 5 examples - which content, which subject, which dimension of knowledge?*)

### 3. Interests, curiosity

*Think about and write down what interests you in this particular course/semester. What topics appeal to you? What do you want to know about the topic? Why do you want to succeed in achieving your goals? Write down at least 3 concrete examples.*

### 4. The context of the course/semester

*Think about and write down how you think the content of the chosen course/the semester will help you in your further career or personal path. Why is it good for you to achieve these learning goals (intrinsic motivation)?*

**5. The path to your goals**

*Write down concrete steps on how you will achieve your goals. Write down the strategies you need to use to achieve your goals (remember self-regulatory learning) – the strategies refer to learning itself, to motivation regulation, your environment, the learning process ...*

*Which of these strategies do you already have developed sufficiently and to which you need to pay additional attention or to develop them?*

**6. Overcoming obstacles**

*Think about what obstacles you can expect on the way to achieving your goals. Obstacles may be within you, in your environment, due to the system ... Choose obstacles that are realistic and most likely to hinder your learning process (try to focus on the obstacles within you or in your environment over which you have most control). Write down a concrete plan on how you can overcome obstacles or avoid them in advance. List at least 3 obstacles.*

**7. Self-assessment of chances of success**

*On a scale of 1-5, rate how much you believe at the moment that you will achieve the set learning goals. Write down and justify at least 5 reasons why you can succeed. What are your strengths that can help you on your way to your goals?*