

The FRIDGE: DIY Self-management¹

Define Your Goals: Individual activity

- a. Write down some goals for this semester. These may be related to your studies, health, and some other domains.
- b. Focusing on your academic goal (eg passing this course by handing in reasonable quality assessments in time): Write down **WHY** you want to achieve this goal.
- c. Make the goal as **specific** as possible—eg focusing on this course--AND devise a way to **measure** the outcome (eg you intend to obtain a credit for each assignment in this course).
- d. **Divide** your goal into sub-goals (eg things that you will aim to achieve, or individual tasks that each need to be completed to achieve your goal). Add methods and deadlines.

Sub-goal:	Method:	Deadline:	Resources needed:
1.			
2.			
3.			
4.			
- e. Think about what resources you will need (**prepare**), and work out ways to get those resources. (perhaps add above)
- f. Anticipate potential **barriers**/setbacks, **write** them down, **brainstorm** solutions, **choose** one and **write** it down. But also have **backup** plans.
- g. Anticipate when you will **review** your goals/sub-goals periodically, and recognize that you might need to change your sub-goals/tasks and methods, and even your goal— what might be a feasible alternative? eg (obtaining a pass in the course).

Do it! Write down what you need to do today, this week!

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