

Worksheet A2: for learners who have set specific goals - Reflect on the extent to which you have realised your goals

1.	Write down the goals you set yourself to be attained by the current point in time.
2.	For each goal, evaluate the extent to which you have achieved it.

3.	<p>Consider the reasons for your level of achievement on each of your goals. Recall what you did to achieve each goal and account for your level of success in terms of what you did and time spent on it. In retrospect, what could you have done more or less of? ...or, how could you have done things more effectively?</p>
4.	<p>Review each goal. Was it realistic in terms of the level of achievement you set yourself or the resources you had (e.g. time, support materials, teacher/mentors)?</p>
5.	<p>Reformulate goals for another specific period of time</p> <p>※See also the 'Learning Plan' document on setting goals and activities to achieve them.</p>