

MY SUCCESS PLAN	Name:	Hometown:		
Major:	GPA	CLASSIFICATION		DATE

ABOUT ME

I chose Oklahoma State University because:

I plan to use my degree to:

I am scheduling my time by:

My learning style is: Visual Aural Kinesthetic Read/Write

The greatest challenge I have faced so far is:

On a scale of 1-10, with 1 being the worst and 10 being the best, circle where you are today. How did you get there?

Career/Major	1	2	3	4	5	6	7	8	9	10
Academics	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
Fun/Relaxation	1	2	3	4	5	6	7	8	9	10
Relationships <small>(family/friends/partner)</small>	1	2	3	4	5	6	7	8	9	10

IDEAL EXPERIENCE

If all categories above were at a '10' what would that *look* like? *Feel* like? *Sound* like?

How would you know you were at a '10'? _____

I have already made progress towards or lived this ideal experience (even a little bit) when...

Who else noticed or would notice if you were at a '10'? _____

How would you know they saw this change? _____

MY GOALS

Short Term:

Long Term:

What Strengths and Personal Qualities Are You Using to Meet Your Goals?

1.	2.	3.	4.
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How did I get this high on the scale? How can I get one step higher?

Reflecting on Progress toward my goals, I am currently at a:

1 2 3 4 5 6 7 8 9 10

This is How I am Going to Use Past Successes and My Strengths to Meet My Goals (*Make a Map*):

This is How I Will Handle Future Obstacles:

Obstacle: Solution:

Obstacle: Solution:

Who is my accountability partner? _____

I Will Also Check Out These Other Amazing Resources:

LASSO Tutoring Center (<i>FREE</i>) 021 Classroom Building tutor.okstate.edu	The Writing Center (<i>FREE</i>) 440 SU & Edmon Low 102 R, Q, S Ouswritingcenter.okstate.edu
Reboot Center (<i>FREE</i>) 320W SU Ucs.okstate.edu/reboot	MLSC (Math Learning Success Center) (<i>FREE</i>) 5 th Floor Edmon Low Library math.okstate.edu/mlsc
Career Services (<i>Most Services FREE</i>) 360 SU hireosugrads.com	Assistive Technology and Accessibility (<i>FREE</i>) 315 SU access.it.okstate.edu
VARK Learning Style Assessment (<i>FREE</i>) vark-learn.com	Jung Personality Test (<i>FREE</i>) Humanmetrics.com
Many other resources can be found at usc.okstate.edu/tutoring	

My plan for this week looks like:

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

My next meeting with my Success Coach is: _____