

Continue, Stop and Start

The purpose of this exercise is for you to examine actions and attitudes that you would like to continue, stop, and start. The actions you would like to continue should contribute to your success. The actions you would like to stop should be habits or behaviors that hinder your success. The actions you would like to start should benefit you personally and academically. This information will be helpful as you create and examine your goals throughout the semester.

CONTINUE (include list of SPECIFIC actions you would like to continue. e.g., studying in groups)

- 1.
- 2.
- 3.
- 4.
- 5.

STOP (include list of SPECIFIC actions or behaviors you would like to stop. e.g., procrastination by watching 3 hours of TV on Tuesday nights)

- 1.
- 2.
- 3.
- 4.
- 5.

START (include list of SPECIFIC actions or behaviors you would like to start. e.g., keeping a detailed planner with time blocked out for each course). Then use action steps to start your goals.

- 1.
- 2.
- 3.
- 4.
- 5.

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