TASC Goal Template

1) Create a TASC Goal for a *single study session* of **no longer than two hours**. First, determine each component:

Time Frame (day, time, duration) =

Action (strong learning verb) =

Standard (to measure performance) =

Content (specific course concepts) =

2) Rate each component of your TASC goal, bearing in mind the following:

a) **Time Frame** (did you include the day, time *and* duration; did you choose one study session only; is your duration two hours or less?)**:**

Very good   Good   Poor   Very Poor

b) **Action** (did you describe how you will be *working* with the material so that you will understand or remember it better; <u>not</u> using vague terms like "read", "review", or "study"?) **:**

Very good   Good   Poor   Very Poor

c) **Standard** (do you have a way to *measure* how much you've learned or understood this session; <u>not</u> just saying "I will understand…"; standard is <u>not</u> just completion; standard can be assessed *immediately*)**:**

Very good   Good   Poor   Very Poor

d) **Content** (did you name specific concepts rather than just chapter numbers or the name of the course?)**:**

Very good   Good   Poor   Very Poor

3) How confident are you that you will achieve your goal this week?

Very confident   Confident   Somewhat confident   Not at all confident