

**Personal Semester Plan:**  
**Brainstorming Potential Goals**

1. Below is a list of ideas for potential goals to get you started, but you should feel free to identify other goals not listed on this sheet. Note that some ideas fit under more than one category.
2. Once you've decided on several personal semester goals, turn to the *Semester Goals and Objectives* form to record notes about your goals and plans to achieve the goals.

- **Self-awareness**

- understand my disability
- know my strengths and weaknesses
- be able to explain my disability to others clearly
- understand my support and/or accommodation needs
  - understand how my disability affects me in an educational and/or work setting
  - identify needed assistive technology
  - identify accessibility needs

- **Self-advocacy**

- advocate effectively for needed accommodations with the DRC and with professors
- talk with advisors about my career/educational goals
- talk with DRC staff and/or other agencies to determine funding and services
- ask appropriate agencies for a job related skills assessment (BRS, BESB)
- understand my legal rights

- **Negotiation, Networking and Interpersonal communication**

- practice speaking in social situations and/or speaking in front of groups
- volunteer on or off campus
- join a club or support group
- seek out peers as study partners
- get involved in extra-curricular events, trips
- make an appointment with Career Services to discuss job search and interviewing skills
- ask my advisor or professors within my major about potential career paths, summer jobs, internships, and/or field work

- arrange informational interviews with people working in a field that interests me
- meet with DRC staff and parents to help parents become active partners in the process of promoting self-determination
- **Self-efficacy/Self-confidence**
  - participate on a student panel
  - be a student mentor
  - gain skills through volunteer work
  - set realistic, manageable, and specific goals
  - effectively balance my classes, work schedule, and other activities
  - address potential academic/personal concerns early to more effectively limit academic/emotional/psychological impact
- **Decision making**
  - explore potential majors
  - take courses in a variety of subject areas to determine interests/abilities
  - switch my major, course of study, or school
  - decide on a major that matches my interests, abilities, aptitudes and special needs
  - research potential career options
  - conduct informational interviews to determine if I am interested in a career
  - job shadow with someone in my field of interest
- **Problem solving**
  - financial concerns
  - housing issues (At home, in residence life, off-campus)
  - transportation issues (present or future)
  - recognize and address potential academic/personal concerns early to more effectively limit academic/emotional/psychological impact
    - advocate for my needs consistently, effectively, and in a timely manner with professors
    - seek out support in a timely manner when a critical accommodation or learning strategy is not working
    - figure out an effective and flexible plan of action for when I am having difficulty in a class
    - seek out tutoring or study skills support

- **Independence and risk taking**
  - live on-campus
  - live independently off-campus
  - explore community resources and agencies for post-college funding, personal assistants, medical concerns, etc.
  - join a club
  - participate in extra-curricular events
  - develop a resume and/or cover letter
  - attend Resumania and the Career Fair on campus
  - find part-time employment
  
- **Self-evaluation**
  - establish clear goals and evaluate my success in reaching these goals at the end of the semester
  - ask for an evaluation at work (strengths/weaknesses)
  - ask appropriate agencies for a job related skills assessment (BRS, BESB, etc.)
  
- **Making Adjustments**
  - dress for success (be aware of the importance of first impressions)
  - manage time more effectively
  - improve my study strategies
  - develop my writing skills: prewriting, research, organizing, revising, editing
  - improve my note-taking skills
  - improve my reading strategies
  - manage test-taking anxiety and develop test-taking skills

