

Create a Personal Plan for Success

Today we've discussed issues which can make upholding the Code of Academic Integrity challenging: stress and wellness, time management, study skills, ethical decision making, and communication. Everyone could benefit from some self-improvement in one (or several) of these areas. Your post workshop assignment is to create a personal plan focusing on one of these topics.

Choose One:

- Stress & Wellness
- Time Management
- Study Skills
- Ethics
- Communication

Consult Sources:

- Review Academic Integrity Resources at <http://researchguides.uvm.edu/academicintegrity>
- Reflect on the workshop assignments, activities, and discussions
- Feel free to seek out other resources or to make suggestions for the Resources site above

Identify a Challenge

What are you trying to work on? Why?

For example: I don't sleep well and I get stressed out. It is impacting my school work because I feel tired, can't focus, and then I get anxious and can't sleep. I think I need to eat better, sleep better, and be more active. Doing this should help me be more attentive in class and feel ready to tackle my assignments with a clear head.

Set Three Goals Which Address Your Challenge

Remember, goals should be specific, measurable, attainable, and time-based.

For example: I will run for twenty-minutes two times per week until the fall semester.

This is specific (I will run, not I will "get in shape") and measurable (any less than 20 minutes, two times per week does not meet my goal). It is attainable for me: I can't suddenly run a triathlon. Finally, it is time-based: if I meet my goal for the rest of the spring and over the summer, in the fall I should set a new (and more challenging) goal.

Construct a Plan to Achieve Your Goals

Explain how you will meet these goals. Consider motivation, organization, and support. Discuss the skills you need to improve, the resources you will utilize, and the help available to you. Think of how you will keep yourself accountable and how to anticipate your weaknesses.

Submit a .doc or .pdf attachment via email to dana.kaplan@uvm.edu