

**APPENDIX K**  
**GOAL WORKSHEET**  
**Temple University Athletic Training Education Program**

Goal-setting is a task that should not be taken lightly. Each goal will be something that you will take on and master by semester end. Guidelines for goal-setting include:

- Keep them specific so you know when you've reached them
- Make them realistic, pertinent to your current coursework and level in the program
- Challenge yourself, make it something you have to work for
- Set long-term goals (to be achieved by semesters end); as an option, set short-term goals as well that will guide you on your way to attaining the long-term goal . . . This is often a motivating factor that will help keep you on track
- Set positive rather than negative goals; "I will" instead of "I won't"
- The most important thing you can use when setting goals is to make them personal and meaningful to you; choose something you have struggled with before and really need to work on rather than something general that you and your friends need to work on

Examples:

*I want to work on my record keeping.*

(BAD GOAL: not specific, there is no way to measure when this goal is met)

*I will be able to write a SOAP note following an evaluation.*

*\*write a SOAP note at least three times per week and have it checked by my ACI*

*\*write practice SOAP notes with my ACI or peers based on fake scenarios*

(GOOD GOAL: specific, challenging, long-term and short-term to help direct and motivate student)

*I will be able to assess vital signs. (long-term)*

*\*practice taking heart rate and blood pressure on ACI or peers (short-term)*

*\*volunteer to take vitals before doctor's visits (short-term)*

*I will be able to take a complete history for an injured athlete. (long-term)*

*\*observe ACI performing evaluation (short-term)*

*\*assist ACI in performing evaluation (short-term)*

**GOAL WORKSHEET**  
**Temple University Athletic Training Education Program**

Semester in Program \_\_\_\_\_

**Athletic Training Student**

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

**Clinical Instructor**

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Sport Exposure: \_\_\_\_\_

**Goal 1:**

**Goal 2:**

**Goal 3:**