



GRADMAP

Setting Summer Goals

In addition to taking a break and relaxing, summer can be a great time to get a head start on a project or two that you are interested in. This could be running a new experiment, reading a few books or articles, outlining an idea for a conference paper, or developing a new skill. This worksheet will help you identify goals and make a plan! First, think about what you already have on your schedule for the summer (trips, internships, etc.). Next, think about the time that you have left and identify three small, reasonable goals. Make sure your goals are specific, measurable, and have clear end points.

What is already on your schedule for the summer?

Brainstorm 2-3 goals for this summer.

Goal #1

Goal #2

Goal #3

Choose one goal to focus on:

In the space below, list all of the individual tasks that need to be done in order to accomplish your goal. Try to be as comprehensive as possible.

Now, create a plan! Take the individual tasks you outlined on the previous page and record them below in the “Tasks” column. Make sure to think about sequencing (are there any tasks that you must complete before you can do others?) and give yourself plenty of time to complete each task.

Time Period	Tasks	Notes
Late May		
Early June		
Late June		
Early July		
Late July		
Early August		