

“Final” Success

Setting some realistic goals for your final exams and deciding in advance when and where you will study can double or triple your chances for success. Fill in the “If-Then” plans template below as you begin to prepare for your finals. You may also want to take this Self-Motivation Quiz at MindTools.com to learn more about reaching your goals.

9 Things Successful People Do Differently

1. Get Specific
2. Seize the Moment
3. Know How Far You Have to Go
4. Be a Realistic Optimist
5. Focus on Getting Better
6. Have Grit
7. Build your Willpower
8. Don't Tempt Fate
9. Focus on What You Will Do

Making “If-Then” Plans

1. Identify a final's goal. (To earn an “A” on my biology final.)
My Goal: _____
2. What actions do I need to take to reach my goal?
(Study 2 hours for the next 30 days.)
My Actions: _____
3. When and where will I take this action?
(I will study for 2 hours every day in the college library.)
When and where: _____
4. Put it all together:
If (or When) _____, then _____
5. Now, think about an obstacle that might derail you — a distraction, or some other factor that would interfere with your progress.
Likely distraction(s): _____
6. When a distraction gets in my way, how will I handle it?
What will I do instead? _____
7. Put it all together: (If I have to work extra hours and miss a study session, I will make it up on the weekend.)
If (or When) _____, then _____

Adapted from *9 Things Successful People Do Differently*, by Heidi Grant Halverson