



LEARNING RESOURCES: MANAGE YOUR TIME IN UNIVERSITY

STAY ON TRACK

Answering the questions below can help you think about how to recognize when you're on or off track, plan what to do to get back on track and know who to connect with for support if you do start to fall off track.

How do I daily remind myself about my goals?

How do I know if I am falling into old habits?

How will I get back on track if /when I start to slip?

What reminders do I need about my goals? (ie: change takes time):

My support system includes...

“Take the first step. You don't have to see the whole staircase, just take the first step.”

- Martin Luther King, Jr.

