



Mastering APA Style Student Workbook (7th ed.)

Set Your Learning Goals Activity

Think about what you want to achieve by completing the *Mastering APA Style Student Workbook*. Determine the topics you are most interested in learning about or improving on and how completing the workbook can improve your writing. Then use the goals to focus your efforts while completing the workbook.

To help inform your learning goals, ask yourself the following questions:

- What aspects of your writing need the most improvement?
- What elements of APA Style writing or formatting would make your papers stronger?
- How can you use APA Style to strengthen your papers, improve your coursework, and/or advance your future career?

In developing your goals, make sure they have the following SMART characteristics (College of Nurses of Ontario, 2019):

- **Specific:** Set goals for yourself that are clear and focused. For instance, instead of “I want to learn APA Style,” say “I want to learn how to format my papers in APA Style.”
- **Measurable:** Write quantifiable goals, that is, goals with results that can be measured. For instance, instead of “I will be able to use correct grammar,” say “I will be able to use punctuation marks correctly.”
- **Attainable:** Keep your goals attainable or achievable based on your skill level and commitment. For instance, instead of “I will memorize the format for all types of APA Style references,” say “I will learn how to format APA Style references for journal articles and books.”
- **Realistic:** Make your goals realistic and relevant to your life. For instance, instead of “I will become a professional writer,” say “I will write more clearly and concisely.”
- **Time-limited:** Put an achievable time frame on your goals. For instance, instead of “I will learn APA Style this weekend,” say “I will complete the workbook by meeting the deadlines set by my instructor” or “I will complete the workbook over the course of the semester.”

Write your learning goals for the *Mastering APA Style Student Workbook* in the space provided. Four to six learning goals are usually sufficient.

Reference

College of Nurses of Ontario. (2019). *Developing SMART learning goals* (Publication No. 44047). <https://www.cno.org/globalassets/docs/qa/2019/smart-goals-2019.pdf>



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More information can be found on the *Mastering APA Style Student Workbook* (7th ed.) webpage.

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