Academic Integrity

Worksheet

Use this worksheet to reflect on your academic goals, obstacles, and questions. Create a plan for yourself around these to help you maintain your academic integrity and take pride in your work. You can use this worksheet to reflect on your academic work and develop plans as specifically or broadly as you would like. Fill it out as many times as you need for individual assignments, or for semester or year-long goals. Add as few or as many points to each section as you require.

# Academic Goals

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| Think about some of your academic goals and list them here. These can be short or long term and as broad or narrow as you would like. For example, you might want to achieve a certain mark for a course or assignment, or you might want to develop one of your existing skills or learn a new one. |  |

# Obstacles

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| What are some obstacles that you might face when trying to meet your goals? For example, you may be under time pressure or unsure where to go for help. Thinking about potential obstacles in advance can help you plan around them to avoid extra pressure later on. |  |

# Questions

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| Consider any questions that you have at this stage. For example, do you need clarification on some aspect of an assignment? Write your questions out here and think about who or where you can get the answers from. Answering these questions can help you progress towards meeting your goals. |  |

# Plan

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| Bearing in mind potential obstacles and any questions you have, note down some ideas for a plan to achieve your academic goals here. For example, this might be creating a study timetable for yourself or taking a workshop to learn more about a particular skill, etc. |  |

# Academic Supports at UCC

In addition to supports available to specific cohorts of students and within your own University Department, the following are available to all students.

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| Skills Centre | Workshops, one-to-one appointments, and online resources.  **Website:** <https://www.ucc.ie/en/skillscentre/>  **Contact:** [skillscentre@ucc.ie](mailto:skillscentre@ucc.ie) or 021 490 3839 |
| Boole Library | Workshops, Ask Us service, and online resources.  **Website:** <https://libguides.ucc.ie/library>  **Contact:** [library@ucc.ie](mailto:library@ucc.ie) or 021 490 2292 |
| **Student Union Education Officer** | **Contact:** [education@uccsu.ie](mailto:education@uccsu.ie) |