



## TAKING ACCOUNTABILITY

What am I accountable for?

Why should I be accountable?

What is my motivation?

My support system:

My resources:

How I reward myself:

How can I utilize my support system?

How can I utilize my resources?

What planning strategies have kept me accountable previously?

How can I continue to keep myself accountable?

Notes

## ACCOUNTABILITY

### *What is Accountability?*

Accountability means taking ownership in your responsibilities and giving your best effort when it comes to keeping yourself on track. Accountability is a tool that sets you up for success in your academics.

### *What is a Support System?*

Your support system is the person or people in your life who provide practical and/or emotional support. Utilizing your support system plays an important role in keeping yourself accountable.

### *How to Reward Yourself:*

You can use rewards to keep yourself accountable by setting small goals for yourself and doing something that you enjoy when your goal is met. This is most effective when you stick to your goal and choose a productive reward (ex: if your phone distracts you, don't use phone time as a reward).

### *What is a Resource?*

Resources are assets that are continually available to you for support whether it be academically (ex: seeing a learning coach or tutor at the ASC) or personally (ex: utilizing the money management center or on-campus counseling).

**Want more? Visit the Academic Success Center at the Newton Gresham Library, 2nd floor, to see our Learning Coaches for hands on application techniques and strategies!**

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