

Goal Attainment Scaling (GAS) Worksheet

Goal: _____

NUMERICAL LEVEL OF GOAL ATTAINMENT:

DESCRIPTIVE LEVEL OF GOAL ATTAINMENT:

I lost ground. 0	
Where I am right now. 1	
I'm getting close to reaching my goal. 2	
I reached my goal! 3	
I did even better than expected! 4	

Date Goal is established: _____ Anticipated Goal Attainment: _____

Goal Attainment Progress to be measured (circle timeframe): Weekly Monthly Quarterly

Participant/Student Name: _____ Participant/Student Signature: _____

Category: College Student: _____ Transitioning Student: _____ DVR Client: _____

Support Staff: _____ Staff Signature: _____

Student Mentor (if applicable): _____ Student Mentor Signature: _____

Foundation for GAS Goal(s) – Self-Advocacy:

1. **Knowing yourself**
2. **Knowing what you need and want**
3. **Knowing how to get what you need and want, taking action**

