

SAMPLE GOAL SETTING SHEET

STUDENT NAME: JOHNNY SMITHO

DATE: December 5th

Short Term Goal: In order to reach any vision you must create short term goals. Define three short-term goals for this trimester. Your goals should be challenging but also achievable and realistic. Push yourself, but set goals that you are capable of achieving with maximum effort. Your goals should bring you satisfaction --you should truly want to work towards these goals.

What were your grades last quarter?

	ELA	MATH	HUMANITIES	SCIENCE	ART/MUSIC	HEALTH/PHYS.ED
How many 4's?	1	1	0	0	3	0
How many 3's?	3	4	3	4	3	4
How many 2's?	0	0	2	1	0	1
How many 1's?	0	0	0	0	0	1

Based on your grades, create goals that will help you improve this trimester. Look at how many standards you did not meet proficiency for (**look at shaded area**) and decide which class you want to do better in. For example, a goal can be "I want to improve my academic standing in science. I will earn 3's on all the standards." Be specific, **look at the standards**, we will work on steps on how to reach your goals after you choose which goals you want to focus on.

Academic Goal #1: I will earn 3's and 4's in ELA class. I specifically want to focus on getting a 4 on the standard "Speaking and Listening- Collaborative Discussions" in ELA class by the end of second trimester. I will do this by making sure that I not only complete all my classwork, homework, quizzes and PBA's but by also by participating in all classroom discussions

STEP ONE

Raise my hand when my teacher asks a question in class. Participate in small group discussion

STEP TWO

Ask my ELA teacher for extra help when I do not understand something that is taught in class.

STEP THREE

Study before I take quizzes and PBA's. I will need to make notes with all the information my ELA teacher taught me.