

Goal-setting in Math

Name: _____

Date: _____

1. Thinking about the list of challenges we have brainstormed, choose one challenge to focus on for the coming weeks. (eg. Not doing well on quizzes)

My chosen challenge: _____

2. Looking at the strategies that we have brainstormed for each challenge, choose one strategy to try. (eg. Reviewing my work, deep breathing)

My chosen strategy: _____

3. What do you need to do in order to be successful? (eg. Taking my work home, looking at it for five minutes a night, asking parent to make five practice questions)

What I need to be successful: _____

4. Make a plan for this week. Write out what specifically you will do, when and for how long.

5. Are there any tools you need to succeed? Choose from the list we have brainstormed, or use your own.

Tools I need to succeed: _____

6. **Mid-point check** in on date _____. Rate where you are on your goal.

On track

Somewhat on track

Not on track

7. What are you doing well?

I am doing this well: _____

8. What do you need to change?

I need to change: _____

9. End point check-in on date _____. Did you meet your goal or do you need more time to meet it?

10. What was successful?

11. If you didn't reach your goal – what challenges did you have and how can you deal with them in the future?

12. My next goal or my same goal repeated.
