

## South Lewis “Tip of the Month”

# POWERFUL Instruction

Consider asking students to set, revise, and reflect on goals throughout the school year. **Goal-setting research in school settings shows that students' learning, motivation, and self-regulation can be improved when students pursue goals that are specific and moderately difficult.** Teachers should provide feedback, and students should reflect, on their goal progress.

Examples of times/ways to set goals:

-**long-term** (what career do you want in the future, where do you see yourself at age 30, what kind of life do you want to live)

-**year-long** (what grade are you capable of getting in this course, what do you hope to learn, how will this learning help you achieve your long-term goals)

-**intermittent** (what grade can you get this marking period, what's a weak area for you that you'd like to target, what grade do you think you'll get on your upcoming quiz/test)

-**short term** (weekly, daily)

Name \_\_\_\_\_

### Personal & Academic Goals

My academic goal for this semester:

\_\_\_\_\_

The steps I will take to reach this goal include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

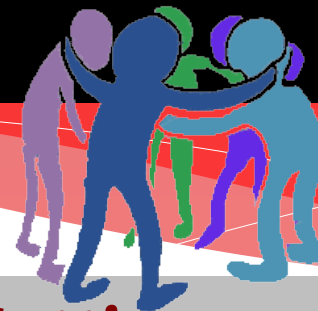
My personal goal for this semester:

\_\_\_\_\_

The steps I will take to reach this goal include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## March '16



## The Importance of Goal Setting

### My Goals!

<input type="checkbox"/>	Accomplished!
<input type="checkbox"/>	Still improving
<input type="checkbox"/>	Accomplished!
<input type="checkbox"/>	Still improving
<input type="checkbox"/>	Accomplished!
<input type="checkbox"/>	Still improving

Name: \_\_\_\_\_

# My Academic Goal Planning Sheet

**Directions:** Use the SMART goals guide below to help plan your goal. Then write your goal at the top of the staircase and the steps you need to take to achieve it.

My goal:

Step 3

Step 2

Step 1

## Create SMART Goals!

### S- Specific

What exactly do you want to accomplish?

### M- Measured

How will you know when your goal is met?

### A- Attainable

What steps you can take to reach your goal?

### R- Relevant

How will meeting this goal help you?

### T- Timely

How long will it take you to reach your goal?

We are becoming **STRONGER** students by

**SETTING GOALS** for ourselves!

Sam

Get a P on CH 7  
RA Part 2  
of the United States

Saket

To learn  
addition

Cole

Write a story  
about a boy  
and a girl

Audrey

To finish  
the Expedition  
boards by  
Thursday

Laurel

Iesh

Finish Project  
2 with 100%  
and write for next  
time!

Tom

Learn to  
write the  
letter 'e' in  
the word 'see'

Tia

Write a story  
about a boy  
and a girl

Piper

Learn to  
write the  
letter 'e' in  
the word 'see'

James

Write a story  
about a boy  
and a girl

Anna

Learn to  
write the  
letter 'e' in  
the word 'see'

Karlon

Learn to  
write the  
letter 'e' in  
the word 'see'

Rohit

Learn to  
write the  
letter 'e' in  
the word 'see'

Blake

Learn to  
write the  
letter 'e' in  
the word 'see'

Noa

Learn to  
write the  
letter 'e' in  
the word 'see'

Yash

Learn to  
write the  
letter 'e' in  
the word 'see'

Shlok

Learn to  
write the  
letter 'e' in  
the word 'see'

Jonathan

Learn to  
write the  
letter 'e' in  
the word 'see'

Summer

Learn to  
write the  
letter 'e' in  
the word 'see'

Denny

Learn to  
write the  
letter 'e' in  
the word 'see'

Fergus

Learn to  
write the  
letter 'e' in  
the word 'see'

Angie

Learn to  
write the  
letter 'e' in  
the word 'see'

Mrs. Skaglad

Learn to  
write the  
letter 'e' in  
the word 'see'