

Is there a Mindset you would like to focus on?

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

M 2. Self-confidence in ability to succeed

M 3. Sense of belonging in the school environment

M 4. Understanding that postsecondary education and life-long learning are necessary for long-term career success

M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes

M 6. Positive attitude toward work and learning

Please use the rubric below to self-reflect and score yourself for each indicator.

Develop self-awareness and self-management skills to achieve school and life success				
Performance Indicator	1 - Emerging	2 - Developing	3 - Achieving	4 - Excelling
Can analyze why you were or were not able to overcome obstacles in working on a recent goal	I can list obstacles presented in working on a recent goal	I can describe why I was or was not able to overcome obstacles in working on a recent goal	I can analyze why I was or was not able to overcome obstacles in working on a recent goal and provide concrete reasons	I can analyze why I was or was not able to overcome obstacles in working on a recent goal and identify opportunities for growth and development
Can make a plan to improve your performance in a school subject	I can explain why it is important to have a plan to improve my performance	I can create a feasible plan to improve performance	I can create a feasible plan to improve performance and concrete next steps	I can create a robust plan to improve performance with a timeline and concrete next steps
Demonstrate decision-making skills and responsible behaviors				
Can identify resources that facilitate academic or personal success and evaluate how the decisions you make about studying affect your academic or personal achievement.	I can identify areas in which I need support and explain why decisions I make about studying affect my academic achievement or personal achievement	I can identify resources at my school that facilitate academic or personal success and explain why decisions I make about studying affect my academic achievement or personal achievement	I can identify resources at my school that facilitate academic or personal success and commit to utilizing them to improve my academic achievement or personal achievement	I can identify resources at my school that facilitate academic or personal success, commit to utilizing them, and evaluate how decisions I make in school and out of school affect my academic achievement or personal achievement

Create Your Plan



Reflection Questions	My Evidence
1. Which mindset would you like to focus on during this school year? (Please check one in the evidence box)	<input type="checkbox"/> M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being <input type="checkbox"/> M 2. Self-confidence in ability to succeed <input type="checkbox"/> M 3. Sense of belonging in the school environment <input type="checkbox"/> M 4. Understanding that postsecondary education and life-long learning are necessary for long-term career success <input type="checkbox"/> M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes <input type="checkbox"/> M 6. Positive attitude toward work and learning
2. How will you improve on the mindset identified above asset you in your preparation for your next summative?	
3. What are your goals to prepare for the summative? (Please check all that apply or add other options)	I will do one or more of the following: <input type="checkbox"/> complete homework <input type="checkbox"/> study for a certain number of days and hours (how many?) _____ <input type="checkbox"/> ask a teacher for help (which teacher?) _____ (why?) _____ <input type="checkbox"/> study with a friend (which friend?) _____ (why?) _____ <input type="checkbox"/> or other _____
4. Who will hold you accountable to your plan?	<input type="checkbox"/> Advisor (write name here) _____ <input type="checkbox"/> Teacher (write name here) _____ <input type="checkbox"/> Tutor (write name here) _____ <input type="checkbox"/> Parent/Family Member (write name here) _____ <input type="checkbox"/> Other: _____
5. Ask the person identified above to provide feedback on your plan.	

Actualize Your Plan



Evidence Questions	My Evidence																														
1. I have been focusing on Mindset goal M____ (fill in #)	To improve on the mindset goal I have identified as a growth area I have: 																														
2. I have been actualizing my plan by the right, circle the days and provide the # of hours you ve committed to your plan	<table border="1"> <thead> <tr> <th></th><th>Week 1 Days and Hours</th><th>Week 2 Days and Hours</th><th>Week 3 Days and Hours</th><th>Week 4 Days and Hours</th></tr> </thead> <tbody> <tr> <td>Completed Homework</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td></tr> <tr> <td>Studied Alone</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td></tr> <tr> <td>Asked for Help</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td></tr> <tr> <td>Studied with a Friend</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td></tr> <tr> <td>Other</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td><td>M__T__W__T__ F__S__S__</td></tr> </tbody> </table>		Week 1 Days and Hours	Week 2 Days and Hours	Week 3 Days and Hours	Week 4 Days and Hours	Completed Homework	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	Studied Alone	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	Asked for Help	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	Studied with a Friend	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	Other	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__	M__T__W__T__ F__S__S__
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3. Number of times ____ that I met with the person identified to hold me accountable to my plan	Describe some of the conversations you have had with this person: _____ 																														

Reflect on Your Plan



Reflection Questions	My Evidence
1. What goals did you meet to prepare for the summative?	<p>I did the following:</p> <p>___ completed homework</p> <p>___ studied for a certain number of days and hours (how many?) _____</p> <p>___ asked a teacher for help (which teacher?) _____ (what help was given?) _____</p> <p>___ studied with a friend (which friend?) _____</p> <p>(why?) _____</p> <p>or other _____</p>
2. What could I have done better to prepare for the summative? Consider steps that your friends	
3. Based on your answers above list 3-5 things you will commit to doing to prepare for your next summative or reassessment. If you have to retake the assessment include following the retake policy	
4. Who will I reach out to hold me accountable to my plan?	<p>___ Advisor (write name here) _____</p> <p>___ Teacher (write name here) _____</p> <p>___ Tutor (write name here) _____</p> <p>___ Parent/Family Member (write name here) _____</p> <p>___ Other: _____</p>
5. Ask the person identified above to provide feedback on your reflection form.	