

1) **C – Choice: My Goal is: (Be Specific)** \_\_\_\_\_

*I want to show perseverance in completing science assignments  
 and turning them in on time .*

2) **R – Reality: What is happening right now?** *I begin and if it gets hard, I put it off and  
 or just don't go back to it. I turn in assignments late and often incomplete.*

3) **O – Options: What are the Options - Opportunities and Obstacles?**

Opportunities/Obstacles	Benefits/Pitfalls
<b>A)</b> <i>Find someone to help me right away when I get to something I'm having trouble with.</i>	<i>Get the help I need to continue the work. Have to make the effort to find and get together with someone.</i>
<b>B)</b> <i>Keep an assignment log with date started and finished. Find someone to be my accountability partner that I show my log to regularly.</i>	<i>There is someone who I am accountable to for finishing what I start. Finding someone who will do it and a time for progress updates.</i>
<b>C)</b> <i>Just try to do better on my own.</i>	<i>Don't have to find anyone to help me. Hasn't worked so far so don't have a good track record on my own.</i>

4) **S - Select option/s** A & B

**Plan the steps to achieve your goal: (Separate planning worksheet available)**

Who	What effort on my part?	When
<i>Me</i>	<i>Keep an assignment log</i>	<i>Get notebook this weekend</i>
<i>Grandpa</i>	<i>Ask to be my accountability partner and set up progress update times.</i>	<i>See him after school</i>
<i>Teacher</i>	<i>Talk to teacher and see if they can recommend someone to help when I don't understand material.</i>	<i>Tomorrow before school or right before the afternoon classes begin.</i>

5) **S - Start over - Evaluate progress towards goal and revise repeating the process.**

Check one: \_\_\_Daily  Weekly \_\_\_Monthly \_\_\_Every \_\_\_days

**Method for Evaluating:**

**Academic progress:**  Completed Projects  Quiz/Test  Homework Grades

\_\_\_ Rubric \_\_\_ Other: *assignment log data with grade average charts*

**Character Goal Progress:** *Assignment log data will show evidence of completing work*