

Goal Setting with C.R.O.S.S.ROADS™

1) **My goal: (Be specific)** To bring my grade up from a 'C' to at least a 'B' in science.

2) **What is happening right now?** I'm only spending enough time to get my assignments done and sometime I'm a day late.

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

Opportunities/Obstacles	Benefits/Pitfalls
A) Have practice right after school, but have to wait about 30 minutes to pick up my sister. Could spend that time getting my homework done and studying for the next day	Homework will be in on time and I'll be more prepared for the next day. Lose the time with my friends.
B) Go in for study sessions that science teacher has offered us before school.	Will have help understanding the material and be able to do better on homework & tests Have to get up earlier to get there on time
C) Spend more time studying at home in the evening	Have practices for my league team 2 nights a week and games another night. Have other homework/studying I need to do.
D) Spend a couple of extra hours on the weekend	Have games and work part-time so it's hard to find the time to do it regularly.

4) **Select option/s:** A & B

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

Who	What effort on my part?	When
Me	Getting up earlier & take science text to practice	every morning at 7:30 every day
Sister	Tell her if she wants a ride, she'll have to get up earlier	Today
Parents	Talk to about change	Tonight

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

Check one: Daily Weekly Monthly Every days

Other: _____

Method for Evaluating Progress: Completed Projects Quiz/Test

Homework Grades Rubric Other: _____