



Goal Setting with C.R.O.S.S.ROADS™

Check one.

Academic Effort Goal

Character Goal

Life Principle Perseverance

Name Katie Lee Date 9/18/18



1) C – Choice - My goal is: I want to show more perseverance in completing my 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 just don't go back to it. I turn in assignments late and often incomplete.



3) O - Options: What I can try to reach my goal:

A Find someone to help me when I don't understand the work.

B. Keep an assignment log and find an accountability partner to work with me

C. Just try to do better on my own.



4) S - Select one or more: I want to try: A B C (Underline or circle)

Plan the steps I will take to reach my goal:

• Get a notebook to use as an assignment log.

• Ask Grandpa to be my accountability partner and set up progress checks.

• Talk to the teacher to see if she knows someone to help me

My teacher can help by: finding someone to help me when I don't understand the lesson.

My parent/other person can help by: checking my assignment log regularly.

I will monitor my progress by: better homework grades and my assignment log showing that my assignments have been turned in on time

 daily X weekly every Other:



5) S - Start over - I will check and revise my plan. X weekly monthly