Goal Setting with C.R.O.S.S.ROADS™

Name __________________________ Date __________

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

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

My Accountability Partner is: Grandpa

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