

Goal Setting with C.R.O.S.S.ROADS™

Check one.

Academic Effort Goal

Character Goal

Name Shawn Davidson Date March 20, 2016

1) **C – Choice - My goal is:** To improve my math grade from a C to at least a B by the end of the semester.

2) **R – Reality: What is happening right now?** I am not always getting my homework done and in on time and I don't study for quizzes or tests.

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

A. Come in for the study sessions before school.

B. Keep an assignment log and commit to get it signed by my mom daily.

C. Ask the teacher to recommend someone to study with

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 up and leave for school 30 minutes earlier

• Let Mom know my plan to leave earlier

• Talk to the teacher about someone I could study with.

My teacher can help by working with me when I don't understand something or put me with a partner who can explain it to me.

My parents can help by getting me an alarm clock so I can get up earlier.

I will monitor my progress by: keeping a graph of my grades on daily assignments, quizzes, and tests.

daily weekly every _____ Other: _____

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