

Goal Setting with C.R.O.S.S.ROADS™

Academic Effort Goal
 Character Goal

1) **C – Choice:** My Goal is: (Be Specific) My goal is to learn my x6 math facts.

2) **R – Reality:** What is happening right now? I'm not practicing except during math

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

Opportunities/Obstacles	Benefits/Pitfalls
A) <i>Make some flash cards and carry them with me.</i>	<i>I can practice any time. It will be hard to remember to keep them with me and they might get messed up in my pocket.</i>
B) <i>Practice with my friend while we're waiting in the gym before school and in the cafeteria while waiting to be excused to go to recess.</i>	<i>Have a partner to practice with. Lot of other kids around to distract us.</i>
C) <i>Have my mom drill me going to and from school and at other times in the car.</i>	<i>I'd get the practice every day and mom loves to help me.</i>
D) <i>Make flash cards and keep them in my desk and practice when I've finished my work and waiting for other to finish.</i>	<i>Will give me practice and keep me busy while waiting.</i>

4) **S - Select Option/s** C & D

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

Who	What effort on my part?	When
<i>Me</i>	<i>Make flash cards</i>	<i>Today</i>
<i>Mom</i>	<i>Ask Mom to help</i>	<i>Today when leaving</i>

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

Check one: Daily Weekly Monthly Every ___ days

Other: _____

Method for Evaluating:

Academic progress: Completed Projects Quiz/Test Homework Grades

Rubric Other: _____

Character Goal Progress: _____