

## Goal Setting with C.R.O.S.S.ROADS™

Academic Effort Goal  
 Character Goal  
 LP Perseverance

Name Katie Lee Date 9/18/18

- 1) C – Choice: My Goal is: (Be Specific) 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 are the Options - Opportunities and Obstacles?

Opportunities/Obstacles	Benefits/Pitfalls
A) Find someone to help me right away when I get to something I don't understand.	Get the help I need to continue the work. Have to make the effort to find and get together with someone.
B) Keep an assignment log with date started and finished. Find someone to be my accountability partner that I show my log to regularly.	There is someone who I am accountable to for finishing what I start. Finding someone who will do it and a time for progress checks.
C) Just try to do better on my own.	Don't have to find anyone to help me. Hasn't worked so far so don't have a good track record on my own.

4) S - Select option/s A & B

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

Who	What effort on my part?	When
<i>Me</i>	<i>Keep an assignment log</i>	<i>Get notebook this weekend</i>
<i>Grandpa</i>	<i>Ask to be my accountability partner and set up progress check times.</i>	<i>See him after school</i>
<i>Teacher</i>	<i>Talk to teacher and see if they can recommend how to get help, maybe someone to work with me</i>	<i>Tomorrow before school or right before the afternoon classes begin.</i>

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

Check one: \_\_\_ Daily  Weekly \_\_\_ Monthly \_\_\_ Every \_\_\_ days

Method for Evaluating:

Academic progress:  Completed Projects \_\_\_ Quiz/Test  Homework Grades  
 \_\_\_ Rubric  Other: Assignment log with grade average charts

Character Goal Progress: Assignment log will show evidence of completing work

Accountability Partner: Grandpa – Steve Lee