**Advisory Dec. 1-4**

**Q. 1 Grade / Behavior Reflection**

***Record your final grades from Quarter 1 classes below.***

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| ***Period 1*** | ***Period 2*** | ***Period 3*** | ***Period 4*** |
| ***Class and Class Grade:*** | ***Class and Class Grade:*** | ***Class and Class Grade:*** | ***Class and Class Grade:*** |

**Record your plan to habit and your plan to change your habit below (from Advisory Nov. 17-20)**

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| **My Habit is:**  **My plan to change the habit is (the last box on the advisory assignment):** |

**Now let’s get specific. We will create a specific goal to address our performance from last quarter.**

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| What is the target area for my goal? Behavior or Academic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  If academic, what subject? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Why do I want to set a goal for this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  If it is behavior (or habit), what habit? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Why do I want to set a goal for this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**We have 6 weeks left in this quarter (Week of Jan. 25). What is your SMART goal?**

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| Examples | My Goal |
| **Specific:**  Example: I will raise my grade in Algebra 1 from a C to a B.  **My Goal:** |  |
| **Measurable:**  Example: I will measure this goal by checking my grade progress on StudentVue.  **My Goal:** |  |
| **Action Oriented:**  *What are the specific small actions (4), I need to complete to achieve my goal?*  Example:  1. I will schedule time in my week to work on my math homework, and check/cross off when I complete it.  **My Goal:** | 1.  2.  3.  4. |
| Is it **Realistic**?  Example: My goal is realistic because if I take good notes, study those notes and ask my teacher for help, I will improve my assessment scores.  **My Goal:** |  |
| **Timely**:  Example: I will achieve this goal by Dec. 18 (or later).  **My Goal:** |  |

**Example of a final Goals Statement:** I will raise my grade in Algebra 1 from a C to a B. I will measure this goal by checking my grade progress on StudentVue. I will schedule time in my week to work on my math homework, and check/cross off when I complete it. My goal is realistic because if I take good notes, study those notes and ask my teacher for help, I will improve my assessment scores. I will achieve this goal by Dec. 18 (or later).

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| **Now write your complete goal statement here:** |

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| **Let’s reflect. I feel good about this goal because:** |