

## Goals

What do Alex Morgan (2015 FIFA Women's World Cup Champion, 2012 Olympic Gold Medalist), Michael Phelps (the most decorated Olympic athlete of all time), Bill Gates (co-founder of Microsoft), Mae C. Jemison (first African-American woman to travel to space) and you all have in common? They set goals, more specifically, SMART goals. SMART goals are **S**pecific, **M**easurable, **A**ttainable, **R**elevant, **T**ime-Bound. Setting goals for yourself can motivate and encourage you to accomplish greatness in the classroom, on the field, and any time in life.

### Long – Term Chemistry Goals

- Goal for your Midterm Exam: \_\_\_\_\_
- Goal for your Final Grade: \_\_\_\_\_
- Goal for your Chemistry Regents: \_\_\_\_\_

### Short – Term Chemistry Goals

- ✿ Test/Quiz Average: \_\_\_\_\_
- ✿ Homework Average: \_\_\_\_\_
- ✿ First Marking Period Average: \_\_\_\_\_
- ✿ Lab Average: \_\_\_\_\_

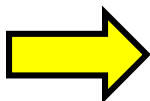
How do you plan to achieve these goals?

How do you study for exams? What will you do exactly to ACTIVELY study?

What will you do different from last year?

How much time will you put aside for study and review each night? Do you participate in a lot of extracurricular activities? How will you plan to manage your time?

One the index card provided please answer the following questions.



1. What can Ms. Scanlon do to aid in you achieve your goals?
2. How do you learn best?
3. What is your long term goal for your final grade?

## Weekly Goal Sheet

At the start of each week, students will take a “Weekly Goal Sheet” which looks like the bottom portion of this page. At the start of the week, students will fill out the boxes labeled “Topic,” “Goal #1” and “Goal #2.” Once they are filled out, students should keep them in their binder until they are revisited at the end of the week. At the end of the week, students will fill out the remainder of the sheet reflecting on their progress throughout the week. Fully completed sheets will be submitted to Ms. Scanlon to review.

### Rating Rubric:

Not only is it important to set goals, it is important to check back in with them and measure your progress. This way, you are more aware of your strengths and weaknesses in each unit. The terms novice, apprentice, practitioner, and expert will be used to describe weekly progress.

- Novice: I am just starting to learn this and I don't understand it yet
- Apprentice: I can do this if I get help or look at an example
- Practitioner: I can do this on my own without help
- Expert: I can do this on my own and can explain how to do it

Topic:

Goal #1:

Assess yourself: Which word best describes your progress on Goal #1?

1 (Novice)

2 (Apprentice)

3 (Practitioner)

4 (Expert)

Describe what you did this week to work towards reaching your goal.

Describe what you can do to improve and reach this goal, or what you will do to continue to do for future goals.