**SKILLS/HABITS GOALS SUCCESSFUL PEOPLE USE**

* I will pay attention when others are talking
* I will answer at least one question per day

**REMINDER!!!!!!!**

**Choose one of these goals each week to develop a new skill or habit.**

**Do not write get good grades… Instead write the habits of people who get good grades!**

* I will keep in my personal space
* I will always answer when called on
* I will go to bed at a reasonable time every night
* I will follow all directions the first time
* I will eat lunch to support my brain and learning
* I will always be prepared with a pen or pencil
* I will eat all meals to support my learning
* I will be on time everyday
* I will always stay in my seat
* I will always raise my hand to speak
* I will treat everyone with kindness
* I will ask at least one question per class everyday
* I will use critical thinking to answer questions
* I will use failure to learn from my mistakes
* I will use the stress protocol to persevere
* I will focus on having a growth mindset
* I will have my materials ready before class starts
* I will use perseverance to complete work
* I will study 20 minutes every night
* I will have a mindful minute when I am tired
* I will completely use my planner everyday
* I will break tasks into smaller parts
* I will come to Scholar Hour to correct my work
* I will use graphic organizers to help myself learn
* I will support my table partner’s learning
* I will complete my work before talking to friends
* I will focus on gratitude to change my mood
* I will always remove/ignore distractions
* I will use email to communicate everyday
* I will always show respect to others
* I will use Skyward to plan my goals
* I will tell adult in my home about what I am learning daily
* I will always follow the school’s technology policy
* I will charge my laptop every night
* I will use self-reflection daily
* I will answer all do-nows

**Every Monday PLANNER Set-up… Checklist:**

**Why does being successful in school matter to you?**

**Even when it’s hard… who is a hero you will think of to persevere and not give up?**

**What is a reward you will do for yourself when you achieve your goals?**

* Name, Dates, Periods
* New goal (In Note Section)
* Afterschool: Scholar Hour/activities plan

**Every Day in Every Class… Checklist:**

* Pencils, highlighters, notebooks
* Laptop charged and ready
* Binder with PLANNER on top
* Write the topic/assignment on the planner; Due dates & page numbers

**Every Day Free Time…Checklist:**

* Check Skyward & write grades on planner
* Write missing assignments on planner
* Check email and delete old messages
* Check email and reply to messages
* Fix old assignments
* Read books/articles
* Do Citizen Science (Zooniverse.org)
* Mindful drawing

**Notebook Check:**

* Learning Target & Success Criteria
* BME Check with initials
* Title page matches table of contents
* Initial Thoughts/Revised Thoughts
* Notes

**Revised Thoughts:**

1. **What was surprising?**
2. **What did you already know but see in a new way?**
3. **What do you still need help with? OR Write a new question about the topic.**