8 Habits of Student Goal-getters

Set multiple types of goals	Set long-term goals (6 months - 1 year)	Set medium-term goals (1-4 months)	Set short-term goals (hourly, daily, or weekly)
	Elementary Example(s): ● I will score a 775 on the Early STAR exam. ● I will score "Proficient" or better on the STAR and state test. Secondary Example(s): ● I will achieve transition readiness status by receiving a "C" or better in a dual credit class. ● I will pass all of my courses this year. ● I will receive a 25 composite on the ACT. ● I will have at least a 3.5 GPA for this year	Elementary Example(s): ● I will recognize 25 sight words by December. ● I will complete and receive an A on my science fair project. ● I will complete my math multiplication facts (through 12s) by February. Secondary Example(s): ● I will score an 80% or higher on my next test in my class. ● I will complete 20 hours of job shadowing by Christmas. ● I will increase my deadlift weight by 40 pounds by the start of softball season.	Elementary Example: ● I can independently sound out the "ch" sound ● I will speak at the appropriate volume for the situation I am in. ● I will complete my math automaticity for my 4s by Friday. Secondary Example: ● I can explain the concept of photosynthesis. ● I can complete my homework with 100% accuracy. ● I will be able to use a kiln by the end of the week.
Feel ownership over the goals that they set	● Know the difference between intrinsic and extrinsic motivation. (Resource) ● Describe their level of ownership or motivation for a goal. (Quiz)		
Make a plan to reach their goals	● Define the wish, outcome, obstacles and plan for the goal. (Resource) ● Create learning plans and make positive choices to work towards their goals. (Template, Resource)		
Use data to track their success towards a goal	● Visually track their data on a paper, wall chart, or spreadsheet (Photos)		
Reflect on their progress with an adult	● Reflect frequently with their teacher 1-1 or in a small group (Video) ● Build toward leading their own conferences (Resource)		
Recalibrate their goals as needed	● Tweak their goals based on data and reflections with their teacher. (Resource)		
Can verbalize their goals	● When asked, can talk about their short, medium, and/or long-term goals, how they interact and why they matter.		
Celebrate the success of reaching a goal + Set another goal	● Celebrate the success of reaching their goal with a visual representation or a celebration event (Photos) ● Don't feel content with reaching just one goal but are excited to set another goal		

Other Resources

Goal-Setting:

Elementary
- [Kindergarten Goal-Setting](#) [Resource Bank] - Teacher discusses strategies for goal-setting in Kindergarten classroom.
- [Goal-Setting in Writing](#) [Article] - 3rd Grade teacher discusses her process for academic goal setting.
- [Goal-Setting and Data Portfolios](#) [Resource Bank] - Teacher discusses strategies for goal-setting and data portfolios for 1st-6th Grade ([arrow template](#))
- [SMART Goal Setting](#) [Article] - Step-by-step introduction to setting SMART goals with students of all ages (see [elementary school example](#))

Secondary
- **SMART Goal Setting -** Set [SMART](#) (specific, measurable, attainable, realistic and time-based) goals with your students, SMART goals with students of all ages. ([Example](#))
- **WOOP Goal Setting** - Create [WOOP](#) (wish, obstacle, outcome) plans with your students ([Example Template](#))
- *Additional Resources and Strategies:*
    - [Teaching Goal Setting in High School](#) [Blog] - Strategies and resources used to support students in setting goals.
    - [10 Tips for Setting Goals With Your Students](#) [Article] - Suggestions for creating action plans with HS students

Reflection:

Elementary
- [Reflection on Digital Content - Middletown](#) [Artifact] - Examples of self-assessment following use of digital content in Middletown.
- [5 Tips for Infusing Student Reflection Into Blended Classrooms](#) [Blog] - Ideas for incorporating reflection in your classroom.
- [35 Questions for Student Reflection](#) [Article] - List of questions to promote reflection.
- [Elementary School Student-Led Conferences](#) [Article] - Step-by-Step Plan for Student-Led Conferences at the Elementary Level
- Elementary Videos: [Student Reflection (K)](#); [Student Reflection (Grade 3)](#); [Student Reflection (SPED)](#)
- [Cultivating Reflection to Help Students Become Self-Directed Learners](#) [Article] - Considerations and strategies for building student reflection habits to support metacognitive development.

Secondary
- **Closing Reflections** - Use reflection prompts to close out a lesson or unit. - ([40 Reflection Prompts](#); [Example](#))
- **Digital Check-Ins** - Start the day or class off with an online check-in form for students to report on how they, answer a 'question of the day', and/or request help ([Example](#))
- **Digital Reflection Forms** - Use online forms to have students self-report on how they feel at the end of a lesson or unit ([Example 1](#); [Example 2](#))

8 Habits of Student Goal-getters

- **Journals** - Use 5/10/15 minutes of class for journal entry each day/week. (Example)
- **Portfolio** - Work with students to develop portfolios of work and reflect on the progress of their work over time (Example)
- **Student Behavior Data Tracking** - Maintain a track record of students behavior, good and bad. (Example)