



Smart



Measurable



Achievable



Realistic



Timely

Term 3 - SMART Goals - 2022

Name:

TA:

In Term 2, I was able to demonstrate the following:

(Circle the areas you have mastered)

- I am an active listener and learner. I attempt and participate in all classroom/elective learning activities
- I am self aware, I don't just sit. I seek out by asking for help and support in class
- I show respect to my peers and my teachers during class discussion
- I am always prepared and ready to learn with my learning tools: pen, appropriate book, device, diary, laptop charged
- I'm open to feedback about my learning and my classroom behaviour
- I always complete my assessment tasks and learning by their due dates

Gratitude: In Term 2, I was able to demonstrate gratitude by:

(Colour the areas you have mastered)

- I am able to look for the things I have and what others do not have
- I aim to attempt all learning experiences no matter if it is challenging
- I aim to show an appreciation for my work, even when it might not be engaging/uninspiring

Empathy: In Term 2, I was able to demonstrate empathy by:

(Colour the areas you have mastered)

- By being respectful and only using kind words to all members at St Augustine's College
- I am able to understand how important it is to remain positive to all people, no matter the situation.
- I understand that at times, my behaviour can have an impact on my peers and my teachers
- I am able to understand the impact that my actions can have towards others at school
- I am able to develop and show empathy towards others by seeing things from a different/their perspective
- I am able to grow and learn from negative and challenging experiences by using these experiences as learning opportunities
- If I am showing red zone emotions, I attempt to use my strategies

Mindfulness: In Term 2, I was able to demonstrate mindfulness by:

(Circle the areas you have mastered)

- I rely on my teachers to help me remain and/or return to the Green zone
- I use my own strategies (such as: music, drink) when I am in the other Zones (Blue, Yellow and Red)
- I am aware of the impact screen time has on my brain and my mood
- I am aware that movement enables me to become more aware of my body, especially any form of physical education
- I am aware that my food choices could impact my thoughts/feelings

Term 3 - SMART Goals - 2022

What does academic learning mean?

Academic learning is about specific subjects or topics that you are learning about.

Am I confident with my multiplication skills?

Am I confident writing information texts?

Am I confident in spelling new vocabulary?

Am I confident reading fluently out loud?

Am I confident in completing my homework?

What did you enjoy about Term 2? Choose three things that you loved about school.

1.	
2.	
3.	

After reading your Term 2 report (SIMON), what successes did you experience in Term 2 2022?

1.	
2.	
3.	

After reading your Term 2 report, what are two things you could improve on with your academic learning for this term?

1.	
2.	
3.	

Looking at your learning habits on your report, what needs improvement?

1.	
2.	
3.	

Goal 1 - Academic Learning

What do you need to work on? (Specific)	How will you know when it is achieved? (Measure)	List three steps you will take to achieve your goal? (Achievable)	Why is this goal important to you? (Realistic)	How long will it take you to achieve your goal? (Time)
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<p>Goal 1:</p> <p>Example: Being mindful of who I am sitting with, if they are distracting me.</p>	<p>When Mr Poppa is not saying my name.</p> <p>I am able to consistently perform the action</p> <p>I am not relying on my teachers or my peers</p> <p>The teachers in aren't saying my name as much</p>	<p>-Looking at where I am sitting. -Taking the time to do the task well. -Asking instead of disrupting.</p>	<p>So I can achieve more and get into less trouble.</p>	<p>10 weeks.</p>
<p>Goal 2:</p> <p>Example: If I am showing red zone emotions, I attempt to use my strategies</p>	<p>My teachers will prompt and ask me to use my strategies and my tools</p>	<p>-I will feel calm -I will be able to have an appropriate conversation</p>	<p>I want to feel calm when I walk into the classroom</p>	<p>5 weeks.</p>

Goal 2 - GEM Learning

<p>What do you need to work on? (Specific)</p>	<p>How will you know when it is achieved? (Measure)</p>	<p>List three steps you will take to achieve your goal? (Achievable)</p>	<p>Why is this goal important to you? (Realistic)</p>	<p>How long will it take you to achieve your goal? (Time)</p>
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SMART GOAL

Start Date:
Week I

Deadline (Time)
Week II

Goal

Having a positive mindset so I can complete my activities.

Why (Specific/Relevant)

Changing negative thoughts to positive
If I am finding the lesson boring, find one positive about the lesson.
Not put myself

Action Plan - Achievable

When I am positive, happy and I am confident to ask more questions and answer the teachers questions

What - Measure

so I can learn to be more positive and have a positive attitude towards trying different things.