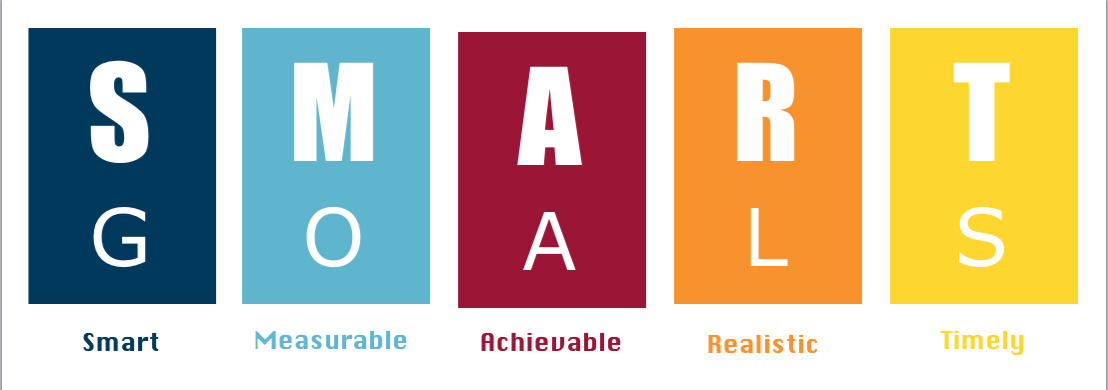
**Term 2 - SMART Goals - 2022**

**Name:  
TA:**

**In Term 1, 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 1, 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 1, 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 1, 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 2 - 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?

**After reading your Term 1 report** [**(SIMON),**](https://simon.sakyabram.catholic.edu.au/) **what successes did you experience in Term 1 2022?**

| **1.** |  |
| --- | --- |
| **2.** |  |
| **3.** |  |

**After reading your** [**Term 1 report**](https://simon.sakyabram.catholic.edu.au/)**, what are two things you could improve on with your academic learning for this term?**

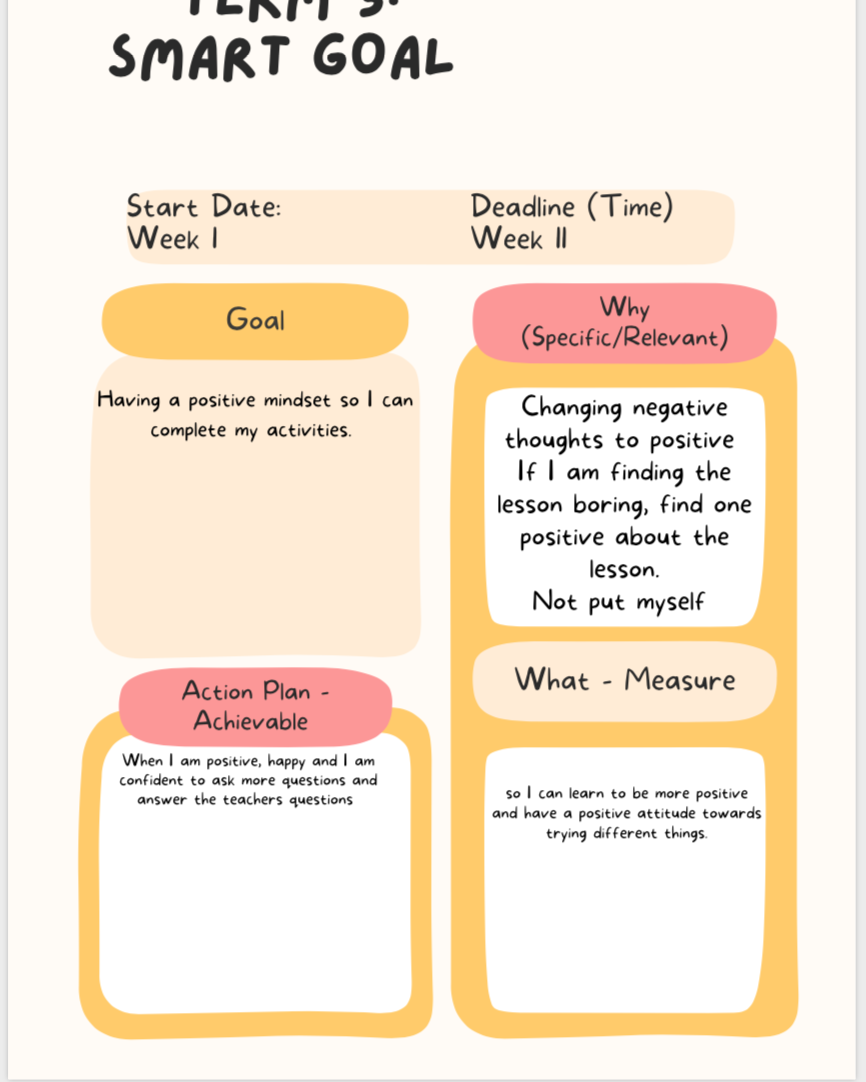
| **1.** |  |
| --- | --- |
| **2.** |  |
| **3.** |  |

**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)** |
| --- | --- | --- | --- | --- |
| Example: Being mindful of who I am sitting with, if they are distracting me. | When Mr Poppa is not saying my name.  I am able to consistently perform the action  I am not relying on my teachers or my peers  The teachers in aren't saying my name as much | -Looking at where I am sitting.  -Taking the time to do the task well.  -Asking instead of disrupting. | So I can achieve more and get into less trouble. | 10 weeks. |
|  |  |  |  |  |

**Goal 2 - GEM 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)** |
| --- | --- | --- | --- | --- |
| Example: If I am showing red zone emotions, I attempt to use my strategies | My teachers will prompt and ask me to use my strategies and my tools | -I will feel calm  -I will be able to have an appropriate conversation | I want to feel calm when I walk into the classroom | 5 weeks. |
|  |  |  |  |  |

****