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|  | **Goal Monitoring Sheet*** Research has found that successful students set goals for themselves, monitor those goals and reflect on the process to make necessary adjustments.
* Researchers have also found that students can access information in one of two ways: the phonological loop (hearing) and the visual sketch pad (seeing).
* Finally, research has also found that students must be active learners (it takes work, effort etc.) not passive learners (osmosis).
* Below you will create a goal monitoring sheet to help you succeed in this class.
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Name:

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| **Part I: Planning for Success** |
| What are your goals for this class? |  |
| How will you monitor your progress? |  |
| What strategies will you use to study and prepare for this class?When can you study/prepare for this class? |  |
| Possible obstacles or areas of concern are: |  |
| What resources can you use to achieve your goals? |  |
| What do you want to be able to do by the end of this course? |  |

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| **Part II: Monitoring your progress** |
| Do any of your goals need to be adjusted? If so why? |  |
| What strategies am I using that are working well or not working well to help me learn? |  |
| What other resources could I be using? |  |
| What is the most challenging thing for you about this class? Most Confusing? |  |
| What could you do differently to address these challenges and confusions? |  |

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| **Part III: Continued Monitoring and Early Evaluation** |
| To what extent are you successfully accomplishing your goals? What goals need to be adjusted? |  |
| What learning supports are you using? Which ones could you employ? |  |
| Which confusions remain about the material or assignments for this course and how are you going to get them clarified? |  |
| What specific topics do you know? Why do you know them? |  |
| What strategies have worked well so far for the quizzes and assignments? |  |

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| **Part IV: Evaluating your learning** |
| Will you meet your expectations and goal for this class? Why or why not? |  |
| What resources or learning strategies did you learn about in this class that you could use in future classes? |  |
| What did not work well that you should not do in your next class or classes? |  |
| What will I still remember 5 years from now that I learned in this course? |  |