

## Self-Assessment: Learning Skills

These headings match the Learning Skills section on the report card. Reflect on the following statements.  
Place one of the letters E (Excellent), G (Good), S (Satisfactory), or N (Needs Improvement) in the box in front of the sentence.

	<b>Responsibility</b>		<b>Organization</b>		<b>Independent Work</b>
	<ul style="list-style-type: none"> <li>I can demonstrate responsibility in attendance and punctuality</li> </ul>		<ul style="list-style-type: none"> <li>I create and follow a plan to complete work and tasks</li> </ul>		<ul style="list-style-type: none"> <li>I monitor, assess, and revise plans to complete tasks and meet goals</li> </ul>
	<ul style="list-style-type: none"> <li>I complete and submit class work, homework, and assignments according to agreed upon timelines</li> </ul>		<ul style="list-style-type: none"> <li>I establish priorities and manage time to achieve goals</li> </ul>		<ul style="list-style-type: none"> <li>I use class time appropriately to begin/complete tasks</li> </ul>
	<ul style="list-style-type: none"> <li>I manage my own behavior and take responsibility for it</li> </ul>		<ul style="list-style-type: none"> <li>I can gather, evaluate and use information, technology and resources to complete tasks</li> </ul>		<ul style="list-style-type: none"> <li>I follow instructions with minimal supervision</li> </ul>
	<ul style="list-style-type: none"> <li>I come to class prepared for learning</li> </ul>		<ul style="list-style-type: none"> <li>I organize my materials, equipment, and belongings effectively</li> </ul>		<ul style="list-style-type: none"> <li>I use time/schedules/ agenda effectively</li> </ul>
	<b>Collaboration</b>		<b>Initiative</b>		<b>Self-Regulation</b>
	<ul style="list-style-type: none"> <li>I accept various roles and an equitable share of the work within a group</li> </ul>		<ul style="list-style-type: none"> <li>I demonstrate an interest in learning by seeking new ideas and opportunities for learning</li> </ul>		<ul style="list-style-type: none"> <li>I can realistically asses my own work</li> </ul>
	<ul style="list-style-type: none"> <li>I respect the rights and opinions of others</li> </ul>		<ul style="list-style-type: none"> <li>I demonstrate a willingness to take risks by working with new students, trying new strategies, asking for feedback, sharing work aloud</li> </ul>		<ul style="list-style-type: none"> <li>I can set individual goals and monitor progress towards achieving them</li> </ul>
	<ul style="list-style-type: none"> <li>I listen to others without interrupting</li> </ul>		<ul style="list-style-type: none"> <li>I demonstrate curiosity in learning by asking questions or seeking information by secondary sources</li> </ul>		<ul style="list-style-type: none"> <li>I seek assistance when needed</li> </ul>
	<ul style="list-style-type: none"> <li>I can demonstrate a willingness to work with others, and with anyone</li> </ul>		<ul style="list-style-type: none"> <li>I approach new tasks with a positive attitude</li> </ul>		<ul style="list-style-type: none"> <li>I ask for feedback in my work</li> </ul>
	<ul style="list-style-type: none"> <li>I can work with others to resolves conflicts and build consensus to achieve group goals</li> </ul>		<ul style="list-style-type: none"> <li>I recognize and advocate appropriately for the rights of self and others</li> </ul>		<ul style="list-style-type: none"> <li>I ask questions to clarify meaning and ensure understanding</li> </ul>
	<ul style="list-style-type: none"> <li>I share information, resources, and expertise to solve problems and make decisions.</li> </ul>				<ul style="list-style-type: none"> <li>I can identify learning opportunities, choices, and strategies to meet personal needs and achieve goals</li> </ul>
	<ul style="list-style-type: none"> <li>I encourage others to participate</li> </ul>				<ul style="list-style-type: none"> <li>I can persevere when facing challenges</li> </ul>
					<ul style="list-style-type: none"> <li>I positively accept feedback from others</li> </ul>
					<ul style="list-style-type: none"> <li>I can incorporate feedback to improve work</li> </ul>

**Comments:**



One learning skill I think is a strength is \_\_\_\_\_

Evidence/ examples of my strengths in this area:

- 
- 

This learning skill helps my learning because: \_\_\_\_\_

\_\_\_\_\_

## S.M.A.R.T. GOALS

**SPECIFIC**- A specific goal has a much greater chance of being accomplished than a general goal.

Who will eat together? What do we want to accomplish? (healthier eating, social time, both or something else?) Where will we eat? Who will plan and prepare the meal?

**MEASURABLE**- Keeping track of progress gives incentives to keep going.

How many times will we eat together? How will we track our meals together? (Mark on a calendar, make a list, etc?)

**ATTAINABLE**- Goals are realistic and attainable. While an attainable goal may stretch a group to achieve it, the goal is not extreme.

How often it is reasonable for you to have family meals depends on your unique situation and past practice. If you are newer to eating together, a goal of once a week would be a place to start.

**RELEVANT**- When you identify goals that are most important to you, you begin to figure out ways you can make them come true.

If you are searching for a way to improve the health, academic performance or bonds in your family, mealtimes are one way to make it happen.

**TIME-BOUND**- A time-bound goal is intended to establish a sense of urgency and prevent goals from being overtaken by the day-to-day crises that invariably arise.

Setting a day or time of the week for your meals together makes it more likely that they will happen because you can write it on a calendar, set aside time, etc. Saying you will eat together on Saturday morning, Sunday noon, or Wednesday night is more powerful than saying you plan to eat together.

One learning skill I think I need to grow in is:

\_\_\_\_\_

I think I need to grow in this area because:

- 
- 

I think I need to grow in this area because:

- 
- 

Two reasonable things I could do to improve are:

- 1)
- 2)