

Academic Goal Work

The Academic Goal Work section of your portfolio binder includes materials that will assist you to **establish, calculate, graph, and reflect** upon your academic goals and progress throughout the year. Your academic goal work is measured by your Grade Point Average GPA which is the average of ALL of your grades from each class you take at TMA. GPA is a numerical representation of your school-wide academic success.

Your first assignment is to calculate your GPA from Q1P1 grades:

- ⇒ **Calculate** your GPA from your Quarter 1 Progress Report 1 (Q1R1);
- ⇒ **Chart** your progress on the “Fall Portfolio GPA Graph”;
- ⇒ **Reflect** on your progress (both successes and failures); and
- ⇒ **Establish** a Quarter 1 Report Card (Q1RC) GPA Goal.

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^Required Component in your FALL Portfolio

***Required Component in your SPRING Portfolio**

TMA GRADING SCALES & EXAMPLES

Standard GPA Grading Scale

Letter Grade	Numeric Range	Grade Point Value
A+	100-97	4.33
A	96-93	4.00
A-	92-90	3.67
B+	89-87	3.33
B	86-83	3.00
B-	82-80	2.67
C+	79-77	2.33
C	76-73	2.00
C-	72-70	1.67
F	69 or below	0.00

Period	Class Name	Grade	GPA Numeric Equivalent		Credit Weighting	Quality Points
Example	Computer Applications	B+	3.33	X	.5	1.67

HONORS GPA Grading Scale

Letter Grade	Numeric Range	Grade Point Value
A+	100-97	4.83
A	96-93	4.50
A-	92-90	4.17
B+	89-87	3.83
B	86-83	3.50
B-	82-80	3.17
C+	79-77	2.83
C	76-73	2.50
C-	72-70	2.17
F	69 or below	0.00

Period	Class Name	Grade	GPA Numeric Equivalent		Credit Weighting	Quality Points
Example	Honors Algebra	B+	3.83	X	1	3.83

AP (Advanced Placement) GPA Grading Scale

Letter Grade	Numeric Range	Grade Point Value
A+	100-97	5.33
A	96-93	5.00
A-	92-90	4.67
B+	89-87	4.33
B	86-83	4.00
B-	82-80	3.67
C+	79-77	3.33
C	76-73	3.00
C-	72-70	2.67
F	69 or below	0.00

Period	Class Name	Grade	GPA Numeric Equivalent		Credit Weighting	Quality Points
Example	AP History	B+	4.33	X	1	4.33

Calculate Your Q1P1 GPA

Period	Class Name	Grade	GPA Numeric Equivalent		Credit Weighting <small>*Most classes are 1.0 credit</small>	Quality Points
Ex.	English 10	B	3.00	X	1.0	3.00
1				X		
2				X		
3				X		
4				X		
5				X		
6				X		
7				X		
8				X		
-----	-----	-----	-----	-	Total Credits in Progress=	Quality Points Total =

$$\frac{\text{_____}}{\text{(Quality Points Total)}} \div \text{(divided by)} \frac{\text{_____}}{\text{(Total Credits in Progress)}} = \frac{\text{_____}}{\text{(GPA)}}$$

Be sure to chart your calculated Q1P1 GPA on the FALL Portfolio GPA Graph (next page!)

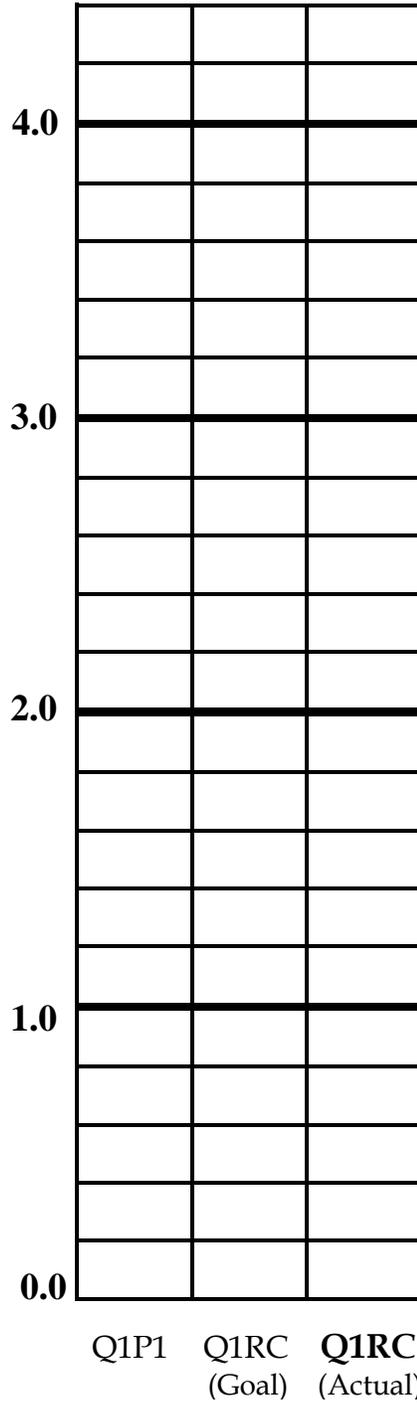
All half year courses are 0.5 credits and include the following: Computer Applications 1&2, DC History, PE, Health, Music, Art I, Art II, Business, Public Speaking, African American Studies, Psychology, Sociology, and SAT Prep

FALL 2014 Portfolio GPA Graph

^Required Component for: FALL PORTFOLIO PRESENTATION

Graph 3 values: Q1P1, Q1RC (Goal), & Q1RC (Actual)

***Remember you will receive more points if your final graph is computer generated.*



GPA Q1P1 Goal Reflection Organizer

Directions: Use the guiding questions below to compose an outline of your academic goal reflection for this grading period. Once you have answered each question, compile your answers together on your goal reflection sheet or type your goal reflection.

Title: _____ (e.g. Q1P1 Reflection)

Introduction: What was your calculated GPA from this grading period?

Reflection & Analysis

What are 2 reasons why you earned the GPA? (For example, to you excel because to prioritized doing every homework assignment?)

1. _____

2. _____

What are 2 specific strategies that you will use to improve your GPA and continue to enhance your academic performance? Why do you believe these strategies will be effective?

1. _____

2. _____

Conclusion - What is a realistic future GPA goal for you? AND what is one thing you can do today to begin working towards your new goal?

Establishing a Q1RC GPA Goal

Step 1

1. Use your answers from your Q1P1 Goal Reflection Organizer and the Goal Suggestion Chart (below) to determine a reasonable and achievable Q1RC GPA Goal.
2. Write your goal in the space provided and in the Q1RC GPA Goal space in your GPA Goal Keeping Chart .

Student GPA for Grading Period	GPA Goal Setting Ranges (min. - max.)
1.00 or lower	2.00 - 2.25
1.01 - 2.00	2.25 - 2.50
2.01 - 2.50	2.80 - 3.00
2.50 - 2.99	3.00 - 3.50
3.00 - 3.25	3.50 - 3.75
3.25 & higher	3.75 - 4.00

My Q1RC GPA Goal is: _____

**Be sure to write your goal on "GPA Goal Keeping Chart" in the chart under Q1RC GPA Goal and chart the value on both your FALL & SPRING Portfolio GPA Graphs.*

Step 2

Answer the questions below. Then have your adviser review your goal and answers and sign off below.

1. What are two specific strategies or tools you will use to pursue and maintain your GPA goal? How will you measure the effectiveness of those strategies?

2. Write down 2 mentors whom you will share your academic goal with and you can check in with after each progress report to ensure you are on track to complete your goal.



Adviser's Review & Signature _____

GPA Record Keeping Chart

Academic Grading Period	GPA Goal	GPA Actual
Quarter 1 Report Card (Q1RC)		
Quarter 2 Report Card (Q2RC)		
Quarter 3 Report Card (Q3RC)		
Quarter 4 Progress Report 2 (Q4P2)		
Total Sum (Q1RC + Q2RC + Q3RC + Q4P2)		

To calculate your GPA *GOAL* & *ACTUAL* for the year:
Take the **Total Sum** (from above): _____/4 (divide by) = GPA

My average GPA *Goal* for the year was _____

My average GPA *Actual* for 2014-2015 is _____

Adviser Use Only: End of year check in.

- Student exceeded academic goal.
- Student met academic goal.
- Student did not meet academic goal by less than .5
- Student did not meet academic goal by more than .5



Adviser's Review & Signature _____

GPA Calculation Chart Q1RC

Period	Class Name	Grade	GPA Numeric Equivalent		Credit Weighting <small>*Most classes are 1.0 credit</small>	Quality Points
Ex.	English 10	B	3.00	X	1.0	3.00
1				X		
2				X		
3				X		
4				X		
5				X		
6				X		
7				X		
8				X		
-----	----- -----	-----	-----	-	Total Credits in Progress=	Quality Points Total =

$$\frac{\text{Quality Points Total}}{\text{(Total Credits in Progress)}} \text{ (divided by)} = \text{GPA}$$

Be sure to chart your calculated Q1RC GPA on the SPRING Portfolio GPA Graph

All half year courses are 0.5 credits and include the following: Computer Applications 1&2, DC History, PE, Health, Music, Art I, Art II, Business, Public Speaking, African American Studies, Psychology, Sociology, and SAT Prep.

GPA Q1RC Goal Reflection Organizer

Directions: Use the guiding questions below to compose a rough draft of your academic goal reflection for this grading period. Once you have answered each question, compile your answers together on your goal reflection sheet or type your goal reflection.

Title: _____ (e.g. Q1RC Reflection)

Introduction: What was your academic goal for this reflection period? (**see your previous 'Establishing a GPA Goal Sheet'*) What was your actual GPA for the grading period? Did you reach your goal? (*Remember complete sentences!*)

Reflection & Analysis (Met or Exceeded GPA GOAL)

If you **did meet your goal**, what are two reasons why you achieved or exceeded your goal? What proof do you have that these reasons were effective?

What are 2 specific strategies that you will employ to maintain your GPA and continue to improve your academic performance? How can you demonstrate the effectiveness of these strategies?

1. _____

2. _____

(CONTINUES ON NEXT PAGE)

Reflection & Analysis (Did NOT Meet GPA Goal)

If you **did not meet your goal** what specific class grades are keeping you from meeting your academic goal? (e.g. Algebra, History)

What are the specific issues you are having in these classes? (e.g. projects, tests/quizzes, homework, participation)

What are at least 2 specific strategies you can use in the coming quarter to help reach your goal? How will these strategies be different from what you've previously tried?

1. _____

2. _____

Conclusion (for everyone)

What is a realistic future academic goal for you? What is one thing you **can do today** to begin working towards your new goal?

FALL Portfolio Presentation "Talking Points"

Academic Goal Work

Objective:

This worksheet will help you to review your entire Academic Goal Work section in order to establish a list of meaningful talking points for your upcoming portfolio presentation.

Step 1 Make sure **ALL of your academic goal worksheets** are complete! You will not be able to earn full points, nor have meaningful talking points if you have not completed the work.

Step 2 Review your GPA Chart & GPA Graph and answer the following questions.

1. What is the first thing you notice when you look at the chart and graph? What visually stands out to your eye about your academic goal work?

2. What might someone be able to tell about your academic performance by just looking your chart or graph?

3. What CAN'T you see about your academic goal work by just looking at your graph or chart?

Step 3 Read through both of your Goal Reflection Sheets. Then re-read them a second time and answer the following questions.

1. What academic skills or strengths do you mention more than once? How do you know these skills were beneficial to your success?

2. What specific struggles or academic hurdles do you mention more than once? Why were these challenges especially difficult? What can you do to minimize those challenges in the future?

Step 4 Think back on your Fall of academic goal work. You have accomplished an incredible amount of work. You have established a Q1GPA goal, calculated your GPA twice, you have charted and graphed your progress, and you've reflected on the process with 2 detailed and thoughtful reflections.

1. How has the academic goal work process been helpful for your progress and academic success?
2. How would your performance have been different if you didn't use the academic goal work tools?
3. After completing this process what are 3 key elements that now stand out to you about goal setting in general?
4. How will these skills be helpful as you continue to set academic goals for the remainder of the school year?

Step 5 Take your answers from Steps 2, 3, & 4 and write them, in order, next to the bullet points below and form the Academic Goal Work talking points:



A large rectangular box with a dotted border, intended for writing answers. On the left side of the box, there are eight black arrowheads pointing to the right, arranged vertically. The rest of the box is empty space for writing.

Step 6 Read through the order of your bullet points to someone a friend, parents, or adviser to ensure they make sense.

Step 7 Use scissors and **cut out around the dotted line** and use your bullets as a note card for your presentation or as a rough draft to type up other note cards.

Establishing a Q2RC GPA Goal

Step 1

3. Use your answers from your Q1RC Goal Reflection Organizer and the Goal Suggestion Chart (below) to determine a reasonable and achievable Q2 GPA Goal.
4. Write your goal in the space provided and in the Q2RC GPA Goal space in your GPA Goal Keeping Chart.

Student GPA for Grading Period	GPA Goal Setting Ranges (min. - max.)
1.00 or lower	2.00 - 2.25
1.01 - 2.00	2.25 - 2.50
2.01 - 2.50	2.80 - 3.00
2.50 - 2.99	3.00 - 3.50
3.00 - 3.25	3.50 - 3.75
3.25 & higher	3.75 - 4.00

My Q2RC GPA Goal is: _____

**Be sure to write your goal on "GPA Goal Keeping Chart" in the chart under and chart the value on SPRING 2015 Portfolio GPA Graph*

Step 2

Answer the questions below. Then have your adviser review your goal and answers and sign in the space provided below.

1. What are two specific strategies or tools you will use to pursue and maintain your GPA goal? How will you measure the effectiveness of those strategies?

2. How often have you been meeting with your academic mentors whom you shared your Q1 GPA goal with? How has it been helpful? If you haven't what can you do to get in a regular habit of checking in with a mentor?



Adviser's Review & Signature _____

GPA Calculation Chart Q2RC

Period	Class Name	Grade	GPA Numeric Equivalent		Credit Weighting <small>*Most classes are 1.0 credit</small>	Quality Points
Ex.	English 10	A-	3.67	X	1.0	3.67
1				X		
2				X		
3				X		
4				X		
5				X		
6				X		
7				X		
8				X		
-----	----- -----	-----	-----	-	Total Credits in Progress=	Quality Points Total =

$$\frac{\text{-----}}{\text{(Quality Points Total)}} \div (\text{divided by}) \frac{\text{-----}}{\text{(Total Credits in Progress)}} = \frac{\text{-----}}{\text{(GPA)}}$$

***Be sure to chart your calculated Q2RC GPA on the SPRING Portfolio GPA Graph**

*All half year courses are 0.5 credits and include the following: Computer Applications 1&2, DC History, PE, Health, Music, Art I, Art II, Business, Public Speaking, African American Studies, Psychology, Sociology, and SAT Prep.

GPA Q2RC Goal Reflection Organizer

Directions: Use the guiding questions below to compose a rough draft of your academic goal reflection for this grading period. Once you have answered each question, compile your answers together on your goal reflection sheet or type your goal reflection.

**THIS WORKSHEET WILL NOT BE INCLUDED IN YOUR FINAL PORTFOLIO.

Title: _____ (e.g. Q1RC Reflection)

Introduction: What was your academic goal for this reflection period? (**see your previous 'Establishing a GPA Goal Sheet'*) What was your actual GPA for the grading period? Did you reach your goal? (*Remember complete sentences!*)

Reflection & Analysis (Met or Exceeded GPA GOAL)

If you **did meet your goal**, what are two reasons why you achieved or exceeded your goal? What proof do you have that these reasons were effective?

What are 2 specific strategies that you will employ to maintain your GPA and continue to improve your academic performance? How can you demonstrate the effectiveness of these strategies?

1. _____

2. _____

(CONTINUES ON NEXT PAGE)

Reflection & Analysis (Did NOT Meet GPA Goal)

If you **did not meet your goal** what specific class grades are keeping you from meeting your academic goal? (e.g. Algebra, History)

What are the specific issues you are having in these classes? (e.g. projects, tests/quizzes, homework, participation)

What are at least 2 specific strategies you can use in the coming quarter to help reach your goal? How will these strategies be different from what you've previously tried?

1. _____

2. _____

Conclusion (for everyone)

You are halfway through the school year. What changes do you need to make to your academic goal setting and academic strategies? What if any school resources (e.g. homework help, computer lab, etc.) have you used to help your academic success? How can these resources and tools be useful in the second half of the year?

Establishing a Q3 GPA Goal

Step 1

Use your answers from your Q2RC Goal Reflection Organizer and the Goal Suggestion Chart (below) to determine a reasonable and achievable Q3 GPA Goal. Write your goal in the space provided and ask your adviser to review and sign off on your goal in the space below.

Student GPA for Grading Period	GPA Goal Setting Ranges (min. - max.)
1.00 or lower	2.00 - 2.25
1.01 - 2.00	2.25 - 2.50
2.01 - 2.50	2.80 - 3.00
2.50 - 2.99	3.00 - 3.50
3.00 - 3.25	3.50 - 3.75
3.25 & higher	3.75 - 4.00

My GPA Goal for Quarter 3 is _____

**Be sure to write your goal on p.4 "GPA Goal Keeping Chart" in the chart under Q3RC GPA Goal.*

Step 2

Answer the questions below. Then have your adviser review your goal and answers and sign in the space provided below.

1. What are two specific strategies or tools you will use to pursue and maintain your GPA goal? How will you measure the effectiveness of those strategies?

2. How often have you been meeting with your academic mentor(s)? How has this check in been useful? If you haven't met with an academic mentor, what can you do to ensure meeting with them regularly?



Adviser's Review & Signature _____

GPA Calculation Chart Q3RC

**Remember to hole-punch and include your report card with this chart in your portfolio!*

Period	Class Name	Grade	GPA Numeric Equivalent		Credit Weighting <small>*Most classes are 1.0 credit</small>	Quality Points
Ex.	Business	C+	2.33	X	0.5	1.17
1				X		
2				X		
3				X		
4				X		
5				X		
6				X		
7				X		
8				X		
-----	-----	-----	-----	-	Total Credits in Progress=	Quality Points Total =

$$\frac{\text{-----}}{\text{(Quality Points Total)}} \div \text{(divided by)} \frac{\text{-----}}{\text{(Total Credits in Progress)}} = \frac{\text{-----}}{\text{(GPA)}}$$

*Be sure to chart your calculated Q3RC GPA on the SPRING Portfolio GPA Graph

*All half year courses are 0.5 credits and include the following: Computer Applications 1&2, DC History, PE, Health, Music, Art I, Art II, Business, Public Speaking, African American Studies, Psychology, Sociology, and SAT Prep.

GPA Q3RC Goal Reflection Organizer

Directions: Use the guiding questions below to compose a rough draft of your academic goal reflection for this grading period. Once you have answered each question, compile your answers together on your goal reflection sheet or type your goal reflection.

**THIS WORKSHEET WILL NOT BE INCLUDED IN YOUR FINAL PORTFOLIO.

Title: _____ (e.g. Q1RC Reflection)

Introduction: What was your academic goal for this reflection period? (**see your previous 'Establishing a GPA Goal Sheet'*) What was your actual GPA for the grading period? Did you reach your goal? (*Remember complete sentences!*)

Reflection & Analysis (Met or Exceeded GPA GOAL)

If you **did meet your goal**, what are two reasons why you achieved or exceeded your goal? What proof do you have that these reasons were effective?

What are 2 specific strategies that you will employ to maintain your GPA and continue to improve your academic performance? How can you demonstrate the effectiveness of these strategies?

1. _____

2. _____

(CONTINUES ON NEXT PAGE)

Reflection & Analysis (Did NOT Meet GPA Goal)

If you **did not meet your goal** what specific class grades are keeping you from meeting your academic goal? (e.g. Algebra, History)

What are the specific issues you having in these classes? (e.g. projects, tests/quizzes, homework, participation)

What are at least 2 specific strategies you can use in the coming quarter to help reach your goal?

1. _____

2. _____

Conclusion (for everyone)

What changes do you need to make to your academic goal setting and strategies to ensure strong academic performance for the final quarter?

Establishing a Q4 GPA Goal

Step 1

Use your answers from your Q3RC Goal Reflection Organizer and the Goal Suggestion Chart (below) to determine a reasonable and achievable Q4 GPA Goal. Write your goal in the space provided and ask your adviser to review and sign off on your goal in the space below.

Student GPA for Grading Period	GPA Goal Setting Ranges (min. - max.)
1.00 or lower	2.00 - 2.25
1.01 - 2.00	2.25 - 2.50
2.01 - 2.50	2.80 - 3.00
2.50 - 2.99	3.00 - 3.50
3.00 - 3.25	3.50 - 3.75
3.25 & higher	3.75 - 4.00

My GPA Goal for Quarter 4 is _____

**Be sure to write your goal on p.4 "GPA Goal Keeping Chart" in the chart under Q4P2 GPA Goal.*

Step 2

Answer the questions below. Then have your adviser review your goal and answers and sign in the space provided below.

1. You only have one remaining quarter in the year. What are 2 strategies you will use to guarantee your GPA goal setting for Q4 is a success?

2. How have you used office hours, Homework Help, Computer Lab, etc. and other school resources to help meet your GPA goal? If you have not taken advantage of these resources, why haven't you? What can you do to take advantage of these opportunities with the time still left in the year?



Adviser's Review & Signature _____

GPA Calculation Chart Q4P2

**Remember to hole-punch and include your report card with this chart in your portfolio!*

Period	Class Name	Grade	GPA Numeric Equivalent		Credit Weighting <small>*Most classes are 1.0 credit</small>	Quality Points
Ex.	Pre-Calculus	B+	3.33	X	1.0	3.33
1				X		
2				X		
3				X		
4				X		
5				X		
6				X		
7				X		
8				X		
-----	-----	-----	-----	-	Total Credits in Progress=	Quality Points Total =

$$\frac{\text{Quality Points Total}}{\text{(Total Credits in Progress)}} \text{ / (divided by) } \text{Total Credits in Progress} = \text{GPA}$$

***Be sure to chart your calculated Q4P2 GPA on the SPRING Portfolio GPA Graph**

*All half year courses are 0.5 credits and include the following: Computer Applications 1&2, DC History, PE, Health, Music, Art I, Art II, Business, Public Speaking, African American Studies, Psychology, Sociology, and SAT Prep.

GPA Q4P2 Goal Reflection Organizer

Directions: Use the guiding questions below to compose a rough draft of your academic goal reflection for this grading period. Once you have answered each question, compile your answers together on your goal reflection sheet or type your goal reflection.

**THIS WORKSHEET WILL NOT BE INCLUDED IN YOUR FINAL PORTFOLIO.

Title: _____ (e.g. Q1RC Reflection)

Introduction: What was your academic goal for this reflection period? (**see your previous 'Establishing a GPA Goal Sheet'*) What was your average GPA Goal (see p.4) for the year? What was your actual GPA for the grading period? What was your actual GPA (see p.4) for the year? Did you reach your goal? (*Remember complete sentences!*)

Reflection & Analysis (Met or Exceeded GPA GOAL)

If you **did meet your goal**, what are two reasons why you achieved or exceeded your goal? What proof do you have that these reasons were effective?

What are 2 specific skills you have gained during this year as you have set GPA goals, tracked your progress and reflected on your work? In what ways will you continue to use these gained skills?

1. _____

2. _____

(CONTINUES ON NEXT PAGE)

Reflection & Analysis (Did NOT Meet GPA Goal)

If you **did not meet your goal** what specific class grades are keeping you from meeting your academic goal? (e.g. Algebra, History)

What are the specific issues you having in these classes? (e.g. projects, tests/quizzes, homework, participation)

What are at least 2 specific academic skills that you recognize you need more work on? What are specific things you can do every day to work on perfectly these skills?

1. _____

2. _____

Conclusion (for everyone)

How has this academic goal work process (i.e. goal setting, tracking & reflecting) been beneficial to your academic performance? What related skills have been the most important to your success? Which skills will you continue to use in future academic goal setting?

SPRING Portfolio Presentation “Talking Points”

Academic Goal Work

Objective:

This worksheet will help you to review your entire Academic Goal Work section in order to establish a list of meaningful talking points for your upcoming portfolio presentation.

Step 1 Make sure **ALL of your academic goal worksheets** are complete! You will not be able to earn full points, nor have meaningful talking points if you have not completed the work.

Step 2 Review your GPA Chart (p.4) & GPA Graph (p.5) and answer the following questions.

4. What is the first thing you notice when you look at the chart and graph? What visually stands out to your eye about your academic goal work?
5. What might someone be able to tell about your academic performance by just looking at your chart or graph?
6. What CAN'T you see about your academic goal work by just looking at your graph or chart?

Step 3 Read through all 4 of your Goal Reflection Sheets. Then re-read them a second time and answer the following questions.

3. What academic skills or strengths do you mention more than once? How do you know these skills were beneficial to your success?

4. What specific struggles or academic hurdles do you mention more than once? Why were these challenges especially difficult? What can you do to minimize those challenges in the future?

Step 4 Think back on your entire of year of academic goal work. You have accomplished an incredible amount of work. You have established 4 GPA goals, calculated your GPA quarterly, you have charted and graphed your progress, and you've reflected on the entire process with four detailed and thoughtful reflections.

5. How has the academic goal work process been helpful for your progress and academic success?
6. How would your performance have been different if you didn't use the academic goal work tools?
7. After completing this process what are 3 key elements that now stand out to you about goal setting in general?
8. How will these skills be helpful in your future goal setting endeavors?

Step 5 Take your answers from Steps 2, 3, & 4 and write them, in order, next to the bullet points below and form the Academic Goal Work talking points:



Step 6 Read through the order of your bullet points to someone (a friend, parents, or adviser) to ensure they make sense.

Step 7 Use scissors and **cut out around the dotted line** and use your bullets as a note card for your presentation or as a rough draft to type up other note cards.

*Congratulations on successfully completing your
Academic Goal Work material for 2014-15!*