


TRACKING MY STUDENT BEHAVIOR AND ATTITUDE Name:_____Date:_____

Use the following chart to honestly assess your behaviors and attitudes that relate to being a college student during the semester. Keep this sheet in a place where you will always be able to find it. Write down the things you want to work on and get better at doing.

I'm doing great!: **+** I'm doing OK:  I need to work on this: **0**

Behaviors	Week	1	5	10
I come to class on time.				
I come to class prepared (I have all materials ready.)				
I show self-control with my emotions.				
I ask for help if I need it.				
I participate in class. I finish class activities during class.				
I do my homework on time.				

Attitudes	Week	1	5	10
I bring a positive attitude to class.				
I show interest in learning.				
I work positively with others. (I am friendly and try to be understanding.)				
I make lessons meaningful to my own life.				
I try to do my best.				
I do not give up.				

My behavior and attitude goals for the

1. Beginning of the term:

2. Middle of the term:

3. End of term and next:

TRACKING MY ACADEMIC GOALS

Use the chart to tell how you think you are doing on your academic goals. If you think you are doing great with a goal, set a new goal to work on. You only need to work on ONE at a time.

I'm doing great!: + I'm doing OK: ☒ I need to work on this: 0

ACADEMIC GOALS THAT I SET FOR MYSELF	Week 1	Week 5	Week10
Goal 1			
Goal 2			
Goal 3			
Goal 4			

