

## **“GOAL SETTING: REFLECTION TIME/ MY LEARNING GOALS”**

To encourage students to adopt a more *reflective* approach to their learning and self assess on how well they are progressing, there is a “*Reflection Time*” section to be completed at the end of each month.

It is beneficial for all students to reflect on their efforts over the previous four weeks in each of their subjects. This section is on the upper part of the page.

On the lower part of the page is a section for students to reflect on how well they are progressing towards their *Learning Goals* using Habits of the Mind.

Such an exercise gives the students an opportunities to honestly self assess on how well they are performing in areas such as:

- Organisation** - am I planning well?
  - am I prepared?
  - am I sticking to my Study Timetable?
- Effectiveness** - are all my habits efficient?
  - am I giving my learning my best shot?
  - am I completing all set work on time?
- Commitment** - am I focused and enthusiastic?
  - is what I’m doing going to get me what I want?
  - is my education a high priority?
- Goal Setting** - how can I improve my efforts?
  - what do I want to achieve in the next month?

There is adequate room for parents and teachers to write comments, provide advice and give positive feedback to the students. Also, they should consult their Forward Planners to see what is coming up in each subject and what preparations are required.

These Reflection Time sections are on the following pages-

**Junior** pgs. 161-174

**Middle** pgs. 166-177

**Senior** pgs. 176-191

They further promote the Team approach between students, parents and teachers to enhance the learning opportunities and outcomes for the students.

Should you have any queries or concerns regarding your son/daughter's progress please do not hesitate to contact his/her Year Level Co-ordinator/Advisor.

“The clearer you can look back, then the further you can see forward” Anon.