

MY CHECKLISTS: ATTITUDE AND BALANCE

To help you build productive and sustainable study habits the checklists following will help you

- be accountable to yourself
- keep you on track
- enjoy your life to its fullest by finding balance

Getting what you want from your education won't just happen

- invest heavily in yourself ; your future is up to you

Revisit the checklists often so that you can keep your finger on your study pulse.

INITIALLY

- have I visited the website www.learningcurveplanner.com.au?
- have I read and understood "How to use the Learning Curve"?
- have I completed 'Assessment of My Performance Last Term'?
- did I follow up with 'Motivation: My Guidelines' to live by?
- have I a 'Goals Action Plan'?
- have I a purpose this year? Some goals to achieve?
- have I described what I am trying to get out of this year in "What are my Goals"?
- do I know my best ways to learn? Have I completed my -
 - Multiple Intelligences
 - Learning Style
 - Levels of Thinking
 - Habits of the Mind
 - Emotional Intelligence
 - Health Stocktake

DAILY

- are my Priorities/Due in and Things to do filled in?
- is my Study / Homework Log being used properly?
- am I sticking to my Study Timetable and Guidelines?
- am I reading the focuses on each page often each week?

WEEKLY

- am I checking my Study / Homework Log; have I done enough sessions?
- am I discussing the focus with parents, teachers and classmates; what does it mean?
- have I read "This week" for general knowledge?
- have I learnt the vocabulary bank?

MONTHLY

- am I completing Reflection Time / My Learning Goals and discussing my reflections with parents, teachers and classmates?
- am I revisiting my Study / Homework Timetable; any adjustments needed?
- am I using the "Thinking Tools"?

TERM

- have I completed a self assessment of my overall progress?
- have I revisited my Goals? Any adjustments needed?
- is my Study / Homework timetable ready for next Term?
- have I completed my Holiday Timetable?

Regularly reflect on your attitude; ask yourself, am I living by the following tried and proven "things to do".
Ensure that you are honest with the person in the mirror.

Am I

- positive and decisive; "not bad" is out of my vocabulary?
- eating quality natural unprocessed food and drinking plenty of water?
- aiming high in pursuing a great lifestyle and happiness?
- setting challenges with purpose and rewarding myself when I meet them?
- authentic; do I do what I say I will?
- a person who matters and strives to make a difference?
- dreaming of what I want? If I can dream it, I can do it!
- living to achieve a higher purpose in life?
- seeking "postage stamp" friends; those that stick in both good and not so good times?
- pursuing too many options and not sleeping enough?
- giving and receiving feedback; I get back what I give?
- aware that situations can look very different for individuals?
- waking up and living a full life; I am not here for a long time?
- doing the hard things; because they invariably are the right things?
- striving to do the right thing and do the thing right?

"History is the record of an encounter between character and circumstance." Donald Creighton.