

MY PERFORMANCE LAST TERM

* A valuable thing to do is to think about the best ways to make sure that you enjoy your education and perform well in all areas of your life.

* When you can combine effort and ability, you will do well and learn well.

**EFFORT + ABILITY =
ENJOYMENT + SUCCESS**

* In the areas below, make comments on how you think you have performed in the past

and ways that you can improve this year.

* Rate yourself using **A** always, **B** usually, **C** sometimes, **D** not at all - each of them currently.

* Set a target rating that you think you can achieve this year.

* Summarize "At School", "At Home" and "Me" to work out what you need to improve on, what you do well and how you will make any needed changes.

| At School | Current Rating | Target Rating |
|---|----------------|---------------|
| "Tuned in" in class? Ignore distractions? | | |
| Completed all set work? On time? | | |
| Quality of completed work; my best? | | |
| Asked questions to better understand in class? Often? | | |
| Saw teachers out of class time for more help? Often? | | |
| Respected the learning of others in my class? | | |
| In control of my behaviour? | | |
| Summary: | | |
| | | |
| | | |
| | | |
| At Home | | |
| Have a study area set up? Away from TV and noise? | | |
| Discussed school work with my parents? Asked for their help? | | |
| Under pressure to complete all homework? Often? | | |
| Completed all set homework? Often? | | |
| Have a Homework Timetable? Stick to it? | | |
| Revise work for tests properly? | | |
| Reward myself for doing well? | | |
| Summary: | | |
| | | |
| | | |
| | | |
| Me | | |
| Did I enjoy school last year? | | |
| Not too much TV, video, playstations, chatrooms, surfing the Net? | | |
| Enough exercise to be fit? Often enough? | | |
| Well balanced diet? Not too much junk food? | | |
| Good group of friends? | | |
| Enough time to do what I wanted to and had to do? | | |
| Was I happy and in control of my life? | | |
| Summary: | | |

"Tomorrow becomes yesterday too quickly." Anon.