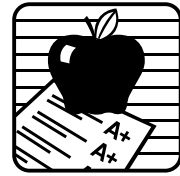


MY PERFORMANCE LAST TERM/YEAR

- * 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 now using
A – always **B** – usually **C** – sometimes **D** – not at all
- * Set a target rating that you think you can achieve this year.
- * Summarise “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; close enough or 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 thinking and 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