

## \* INDEPENDENT SELF EVALUATION\*

### The creation of a self assessment rubric 101

Please indicate how you will be assessed for term two by circling ONE of the following options:

**Option #1 :** YES I will take ownership of my learning and choose to develop an individual action plan for term two.

**Option #2 :** NO I do not want to change the format in which I'm being assessed and chose to continue working through the lab booklets I have been given.

**Option #3 :** YES I would like to only receive term credits for this course and now terminate my participation in any further classes. I will now make a counselors appointment to transfer out.

**Step 1.** Please take the time to SERIOUSLY & HONESTLY ask yourself the question of:

What Do I Want To Learn In This Course???

What Does Success Look Like For ME???

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**Step 2.** Brain storm at least TEN other follow up questions that will lead you to achieving exactly what it is you want to learn in this course.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Step 3.** Please DESCRIBE how you will Prove you have learned this.

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**Step 4.** How will I as an instructor assist you in achieving this?

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WHAT LOGISTICS ARE INVOLVED? EX. (Tools, Hoist, Parking, Staying Late)

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**Step 5.** Create a realistic time line for when you are going to complete these tasks. How long will it take hours, days, months? WHEN IS THE DUE DATE???

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**Step 6.** WHERE DO I GO FROM HERE?

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STUDENT NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

PARENT/GAURDIAN: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

# Creating S.M.A.R.T. Goals

**S**pecific

**M**easurable

**A**ttainable

**R**ealistic

**T**imely

**Specific:** A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six “W” questions:

\*Who: Who is involved?

\*What: What do I want to accomplish?

\*Where: Identify a location.

\*When: Establish a time frame.

\*Which: Identify requirements and constraints.

\*Why: Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE: A general goal would be, “Get in shape.” But a specific goal would say, “Join a health club and workout 3 days a week.”

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**Measurable** - Establish concrete criteria for measuring progress toward the attainment of each goal you set.

When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.

To determine if your goal is measurable, ask questions such as.....

How much? How many?

How will I know when it is accomplished?

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**Attainable** – When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them. When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

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**Realistic**- To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress.

A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever accomplished actually seem easy simply because they were a labor of love.

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**Timely** – A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you anchor it within a timeframe, "by May 1st", then you've set your unconscious mind into motion to begin working on the goal.

Your goal is probably realistic if you truly *believe* that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

**T** can also stand for Tangible – A goal is tangible when you can experience it with one of the senses, that is, taste, touch, smell, sight or hearing.

When your goal is tangible you have a better chance of making it specific and measurable and thus attainable.