

## Student Goal Assessment/Attainment Worksheet for Transitions

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Meeting: \_\_\_\_\_

### ***Learning from the past:***

1. What was your biggest achievement last year?
2. For this achievement what made you most successful?
3. Do you remember a specific goal you set for yourself that you didn't achieve?
4. If you listed no. 3, what was the single most important reason that you did not achieve this goal?

### ***Moving to the future:***

1. Write down at least two major goals for yourself for this year:
2. Write down a realistic date or time line to achieve each goal:  
Goal one \_\_\_\_\_ Goal two \_\_\_\_\_
3. Define two specific resources that can help you achieve each goal:
4. Define a mid point in the goals; tasks halfway met, and then name a reward for yourself when you finish those tasks.
5. Identify someone to whom you will be accountable to for achieving this goal:
6. Define a means to measure/gauge success against this goal:

Goal met on time: \_\_\_\_\_ Goal met somewhere near timeline \_\_\_\_\_  
Goal not achieved yet \_\_\_\_\_ Date \_\_\_\_\_