

NAME: _____

Science Personal Learning Goal: UNIT 8

With the ultimate goal of completing Chemistry, gaining knowledge and understanding the world around us, you will set goals for each unit. Your SMART goal in this class needs to address a behavior that will lead to such a result. To that end, you will want to create a specific, measurable, attainable, realistic, and time-specific goal (which will be assessed at the end of each unit). You will have the opportunity to revise your goal after each unit test.

When writing your goal, ask yourself:

- What is my specific goal?
- What will I do to reach that goal?
- How will I know that I reached the goal?

Ideas to help you get your plan started: (you will need to include your own plan and how you know you've reached the goal)

I will make at least 20 Quizlet flashcards for every book chapter.....

I will complete every reading assignment that it is assigned for this unit.....

I will study using Quizlet at least _____ minutes per week.....

I will stay off my phone while at home when I should be studying.....

I will form and work with a study group at night at least three days in advance of the unit test....

I will access the website for the unit overview and write out the vocab and I can statements....

I will ask or answer a question in class at least THREE of FIVE days each week during this unit....

I will seek individual help from Ms. Maxwell in Advisement at least twice per week throughout the unit....

I will complete all assigned reading in the Cornell Notes format. ...

I will keep an organized binder....

Goal (to be done BEFORE the unit):

What: _____

Plan: _____

I will know I reached my goal by/when: _____

Reflection (to be done after the unit is complete):

1. Were you able to achieve your goal?
2. If yes, were there things that worked well?
3. Were there things that could be improved?
4. If you did not achieve your goal, what would you change to try to reach our goal?

Tools for Studying

(to be done BEFORE the unit)

A. Menu of Study strategies

Check off the ones you will use

- | | | |
|-------------------------------|----------------------------------|---------------------------------|
| ___1. Reread text | ___8. Make concept maps | ___15. Use Quizlet |
| ___2. Reread/organize notes | ___9. Make lists/organize | ___16. Study with a friend |
| ___3. Read/recite main points | ___10. Study vocabulary list | ___17. Study with a study group |
| ___4. Study Cornell Notes | ___11. Quiz myself | ___18. Study in advisement |
| ___5. Ask for help | ___12. Have someone else quiz me | ___19. Study with a parent |
| ___6. Highlight Notes | ___13. Study/make flash cards | ___20. Re-read summary of notes |
| ___7. Use Study Guide | ___14. Study "I can statements" | ___21. Study warm ups |

B. Study Plan (do before the unit)

Date	Day	Which strategies will I use?	How much time for each strategy?
	4 days before test	1. 2. 3.	1. 2. 3.
	3 days before test	1. 2. 3.	1. 2. 3.
	2 days before test	1. 2. 3.	1. 2. 3.
	1 day before test	1. 2. 3.	1. 2. 3.

C. Post-test Reflection (so be done AFTER the test is returned)

How did your studying work out? Answer the following questions:

1. What strategies worked best?
2. What strategies were not so helpful?
3. Did you spend enough time studying? Yes No
 - If no, what more should you have done?
 - If yes, why do you think that was enough time?
5. What will you do differently the next time? Why? Be very specific