

SMART GOALS

Name: _____

Date: _____

REFLECTION TRIMESTER TWO



What is your SMART goal? Include the specifics of the goal, how it will be measured, why it is attainable and relevant, and when it will be completed.

EXAMPLE: My goal is to decrease my mile time by one minute from 9 minutes to 8 minutes by May 13th 2020. My teacher will time my mile in class, and I will write the time down in my composition notebook each month. My goal is attainable because I have high cardiovascular endurance, and improving my mile time will benefit me during extracurricular sports activities.



Complete the chart below to measure the progress of your goal:

Starting Point	Trimester One	Trimester Two



What did you do to progress toward your goal from trimester one to trimester two?

What are you currently doing to work towards your goal?

How do you feel about your efforts?

What challenges have you experienced while working towards your goal?

How have you overcome these challenges?



Is this goal still important to you? Why or why not?



Reflect on your progress towards your goal from first trimester to second trimester:



growth mindset STUDENT SURVEY

Name: _____

Class: _____

DIRECTIONS: Complete the survey by answering strongly agree, agree, slightly agree, slightly disagree, disagree, or strongly disagree for each statement. When you are finished, tally up your score to reveal your mindset.

1. I am born with predetermined intelligence.

☐ strongly agree ☐ agree ☐ slightly agree ☐ slightly disagree ☐ disagree ☐ strongly disagree

2. I do not respond well to constructive criticism.

☐ strongly agree ☐ agree ☐ slightly agree ☐ slightly disagree ☐ disagree ☐ strongly disagree

3. I tend to give up easily when confronted with a challenging task.

☐ strongly agree ☐ agree ☐ slightly agree ☐ slightly disagree ☐ disagree ☐ strongly disagree

4. I tend to choose the safer and easier paths in life.

☐ strongly agree ☐ agree ☐ slightly agree ☐ slightly disagree ☐ disagree ☐ strongly disagree

5. I am able to learn new things, but I cannot change my intelligence.

☐ strongly agree ☐ agree ☐ slightly agree ☐ slightly disagree ☐ disagree ☐ strongly disagree

6. When I complete a task it is good enough and I do not usually need to or want to improve it.

☐ strongly agree ☐ agree ☐ slightly agree ☐ slightly disagree ☐ disagree ☐ strongly disagree

7. I am born with predetermined skills and abilities.

☐ strongly agree ☐ agree ☐ slightly agree ☐ slightly disagree ☐ disagree ☐ strongly disagree

8. The fear of failure sometimes prevents me from trying new things.

☐ strongly agree ☐ agree ☐ slightly agree ☐ slightly disagree ☐ disagree ☐ strongly disagree

9. Even if I work hard, there will still be things I will not be able to accomplish.

☐ strongly agree ☐ agree ☐ slightly agree ☐ slightly disagree ☐ disagree ☐ strongly disagree

10. Only successful people can be successful.

☐ strongly agree ☐ agree ☐ slightly agree ☐ slightly disagree ☐ disagree ☐ strongly disagree

NUMBER OF				
Strongly agree		x6	=	
Agree		x5	=	
Slightly agree		x4	=	
Slightly disagree		x3	=	
Disagree		x2	=	
Strongly disagree		x1	=	
TOTAL SCORE				

10-20	21-30	31-40	41-50	51-60
Strong Growth Mindset	Slight Growth Mindset	Balanced Mindset	Slight Fixed Mindset	Strong Fixed Mindset
You have a strong growth mindset. You feel you can increase your intelligence with determination, hard work, and effort. You believe smart and successful people have worked hard to get where they are. You view mistakes and failures as learning opportunities. You learn through hard work and embrace difficult challenges.	You have a slight growth mindset. You feel it is possible for you to increase your intelligence through hard work. You welcome constructive criticism and mistakes as an opportunity to learn. You also care about learning and are willing to put forth hard work to achieve your goals.	You are in the middle of a fixed and a growth mindset. You are not sure if you can change your intelligence and abilities. You want to do well and you care about your performance, but you do not necessarily want to put forth the effort and work too hard for it.	You have a slight fixed mindset. You mostly think that you cannot change your intelligence. You do not want to work hard because you might think that learning should be easy. You do not like to make mistakes and sometimes the fear of failure might prevent you from starting something new.	You have a strong fixed mindset and believe that your intelligence and abilities do not change much, despite what you do. You believe that talents and success comes easily for people and that smart people do not need to work hard. You do not respond well to constructive criticism, and mistakes and failures intimidate you.



FIXED MINDSET

People with a fixed mindset believe that intelligence and abilities are fixed and determined at birth.	People with a growth mindset believe that intelligence and abilities can improve through hard work, practice, and dedication.
People with a fixed mindset believe that some things should come easily for some people. They believe that someone who has a natural ability toward something will not have to work hard.	People with a growth mindset believe that people work hard and put forth a great amount of effort to be good at something. They believe that effort and hard work is satisfying, fun, and a way to improve.
People with a fixed mindset tend to avoid challenges. Challenges are difficult and not worth the effort.	People with a growth mindset welcome challenges and embrace the effort needed to overcome challenges.
People with a fixed mindset believe they are either good at something or not good at something.	People with a growth mindset believe they can learn any concept or skill that they want to as long as they put forth the effort.
People with a fixed mindset tend to give up or quit when faced with challenging obstacles and frustration.	People with a growth mindset tend to persevere and grow when faced with challenging obstacles and frustration.
People with a fixed mindset want to be complimented on the end result (you are smart, you wrote a nice paper, etc.)	People with a growth mindset want to be complimented on the process (you put forth a lot of effort, you really tried your best, etc.)
People with a fixed mindset believe that their intelligence and abilities determine who they are and what they can become.	People with a growth mindset believe that their effort and attitude determine who they are and what they can become.