**SETTING GOALS**

The whole point of a study skills session is to get you to stop and reflect on your approach to learning and what you could do to make your work more efficient and effective. This page will help you work out the areas you need to target.

Name: ................................................... Year Level: .................................

<table>
<thead>
<tr>
<th>Your Strengths</th>
<th>Your Weaknesses</th>
<th>What you will start doing differently to make the improvements needed.</th>
</tr>
</thead>
<tbody>
<tr>
<td>(what you are good at in this area, what you did well in this area).</td>
<td>(what you need to work on or improve on in this area).</td>
<td></td>
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</tbody>
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**Classroom Skills**
Do you listen to your teacher and not talk when you should be focusing? Do you work well in class and make the most of classtime? Do you participate and get involved in the lesson? Do you respect others’ ideas?

**Homework Skills**
Do you complete all the homework that is set by the due date? Do you try and put effort into your homework and do it properly? Do you ask your teacher for help if you can’t do or understand some of the homework?

**Assignment Skills**
Do you complete all assignments in time by the due date? Do you start assignments early rather than leaving them to the last minute? Do you break your assignments down into smaller more manageable steps?

**Study Skills**
Do you start studying for tests early? Do you make study notes on a regular basis so they are ready at exam time? Do you do lots of revision questions, asking for help if needed? Do you test yourself on your study notes?

**General Skills**
Are you on time for school and classes and bring everything needed? Are you able to turn off distractions when working at home? What else could you do to improve your results?