



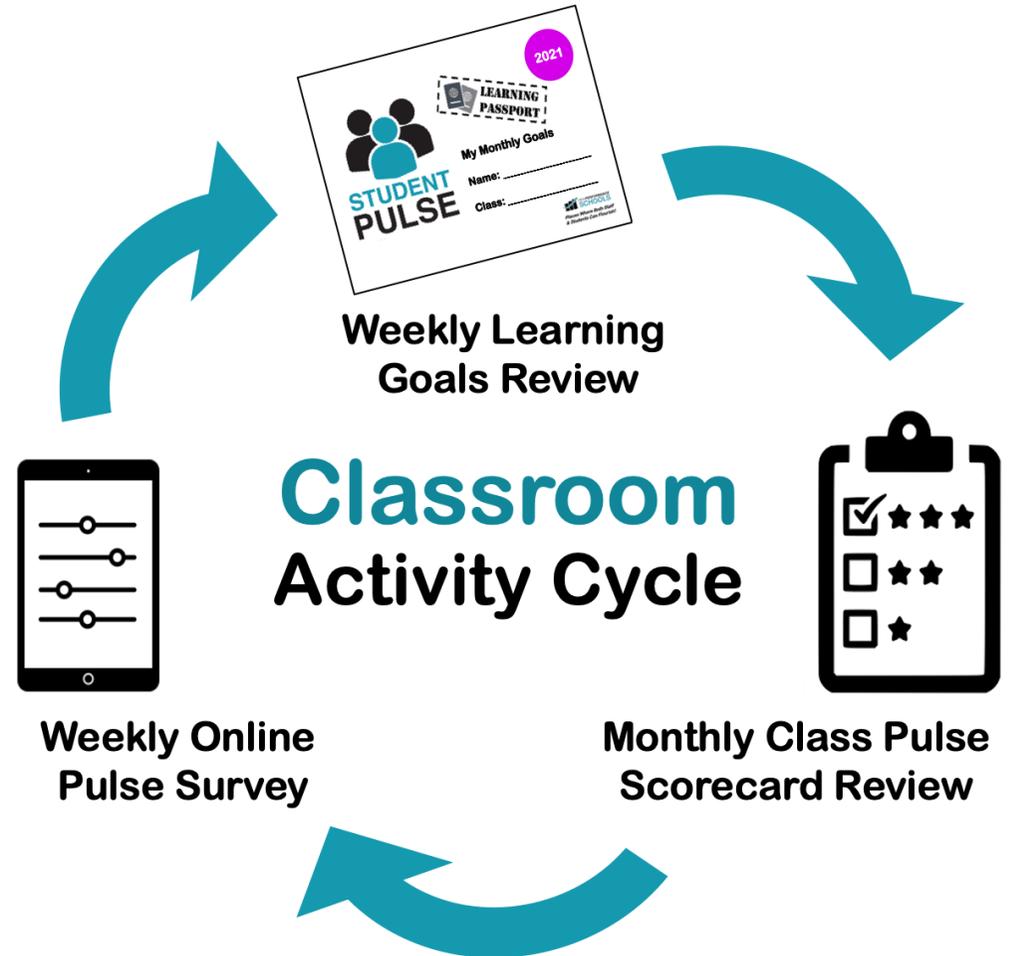
# STUDENT PULSE

Name: \_\_\_\_\_

Class: \_\_\_\_\_

# About Student Pulse...

Student Self-Efficacy: 4 Factors	
 Self Regulated Learning	<input type="checkbox"/> Completing my schoolwork
 Academic Achievement	<input type="checkbox"/> Improving my level of achievement
 Help Seeking	<input type="checkbox"/> Getting help and support
 Self Motivation	<input type="checkbox"/> Keeping myself motivated





# About Me...

1. My Name \_\_\_\_\_

2. My C.A.R.D. Colours (My Top 2)

\_\_\_\_\_

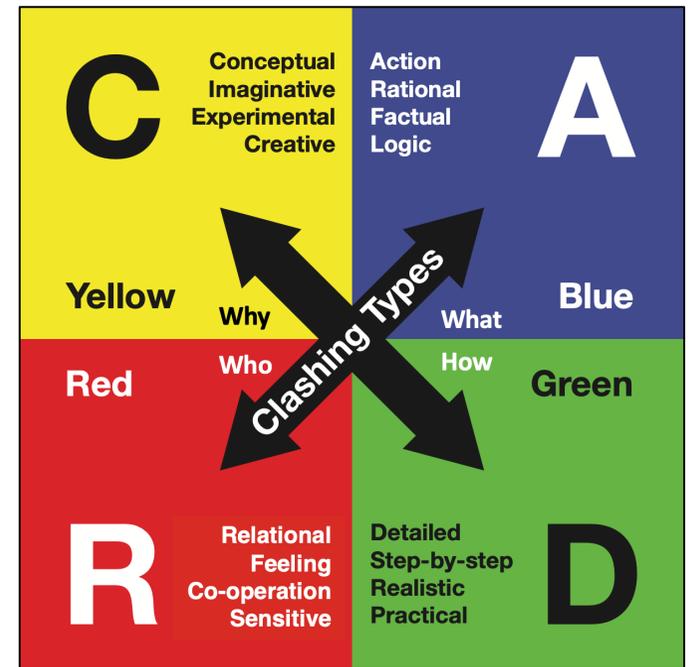
3. My Hobbies / Interests

\_\_\_\_\_

\_\_\_\_\_

4. My Secret Skills

\_\_\_\_\_





# My Goal Card

EXAMPLE

Date: \_\_\_\_\_

## 1 My Focus...

- Completing My Schoolwork
- Improving My Level of Achievement

- Getting Help & Support
- Keeping Myself Motivated

Monthly Average	
<b>81%</b>	<b>77%</b>
Overall SSE	Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...	Something I find really hard is...
Waiting until the end of the lesson to ask my teacher for help.	Having the confidence to put my hand up during the lesson to ask my teacher for help.

## 3 My Goal...

(Start of Month)

My goal for this month is...	So I can...
To ask my teacher for help during the lesson when I need to, even though I don't want to...	So I can understand what to do when I get stuck and learn more in the maths lesson.

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?
<p>I have been putting up my hand more often when I don't understand.</p>	<p>When I ask for help I need to be more specific about what I need help with.</p>

## 5 My Learnings...

(End of Month)

This month I learnt...
<p>When asking for help I need to explain what I already know as well as what I am stuck on so my teacher can help me better.</p>



# My Goal Card

**PRACTICE**

Date: \_\_\_\_\_

## 1 My Focus...

- Completing My Schoolwork
- Improving My Level of Achievement

- Getting Help & Support
- Keeping Myself Motivated

Monthly Average	
Overall SSE	Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...	Something I find really hard is...

## 3 My Goal...

(Start of Month)

My goal for this month is...	So I can...

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?

## 5 My Learnings...

(End of Month)

This month I learnt...



# My Goal Card

**FEBRUARY**

Date: \_\_\_\_\_

## 1 My Focus...

- Completing My Schoolwork
- Improving My Level of Achievement

- Getting Help & Support
- Keeping Myself Motivated

Monthly Average	
Overall SSE	Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...	Something I find really hard is...

## 3 My Goal...

(Start of Month)

My goal for this month is...	So I can...

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?

## 5 My Learnings...

(End of Month)

This month I learnt...



# My Goal Card

Date: \_\_\_\_\_

**MARCH**

## 1 My Focus...

- Completing My Schoolwork
- Improving My Level of Achievement

- Getting Help & Support
- Keeping Myself Motivated

Monthly Average	
Overall SSE	Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...	Something I find really hard is...

## 3 My Goal...

(Start of Month)

My goal for this month is...	So I can...

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?

## 5 My Learnings...

(End of Month)

This month I learnt...



# My Goal Card

Date: \_\_\_\_\_

APRIL

## 1 My Focus...

- Completing My Schoolwork
- Improving My Level of Achievement

- Getting Help & Support
- Keeping Myself Motivated

Monthly Average	
Overall SSE	Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...	Something I find really hard is...

## 3 My Goal...

(Start of Month)

My goal for this month is...	So I can...

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?

## 5 My Learnings...

(End of Month)

This month I learnt...



# My Goal Card

Date: \_\_\_\_\_



## 1 My Focus...

Completing My Schoolwork

Getting Help & Support

Improving My Level of Achievement

Keeping Myself Motivated

Monthly Average	
Overall SSE	Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...	Something I find really hard is...

## 3 My Goal...

(Start of Month)

My goal for this month is...	So I can...

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?

## 5 My Learnings...

(End of Month)

This month I learnt...



# My Goal Card

Date: \_\_\_\_\_

**JUNE**

## 1 My Focus...

Completing My Schoolwork

Getting Help & Support

Improving My Level of Achievement

Keeping Myself Motivated

Monthly Average

Overall SSE

Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...

Something I find really hard is...

## 3 My Goal...

(Start of Month)

My goal for this month is...

So I can...

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?

## 5 My Learnings...

(End of Month)

This month I learnt...



# My Goal Card

Date: \_\_\_\_\_

JULY

## 1 My Focus...

- Completing My Schoolwork
- Improving My Level of Achievement

- Getting Help & Support
- Keeping Myself Motivated

Monthly Average	
Overall SSE	Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...	Something I find really hard is...

## 3 My Goal...

(Start of Month)

My goal for this month is...	So I can...

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?

## 5 My Learnings...

(End of Month)

This month I learnt...



# My Goal Card

**AUGUST**

Date: \_\_\_\_\_

## 1 My Focus...

- Completing My Schoolwork
- Improving My Level of Achievement

- Getting Help & Support
- Keeping Myself Motivated

Monthly Average	
Overall SSE	Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...	Something I find really hard is...

## 3 My Goal...

(Start of Month)

My goal for this month is...	So I can...

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?

## 5 My Learnings...

(End of Month)

This month I learnt...



# My Goal Card

Date: \_\_\_\_\_

**SEPTEMBER**

## 1 My Focus...

- Completing My Schoolwork
- Improving My Level of Achievement

- Getting Help & Support
- Keeping Myself Motivated

Monthly Average	
Overall SSE	Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...	Something I find really hard is...

## 3 My Goal...

(Start of Month)

My goal for this month is...	So I can...

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?

## 5 My Learnings...

(End of Month)

This month I learnt...



# My Goal Card

OCTOBER

Date: \_\_\_\_\_

## 1 My Focus...

- Completing My Schoolwork
- Improving My Level of Achievement

- Getting Help & Support
- Keeping Myself Motivated

Monthly Average	
Overall SSE	Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...	Something I find really hard is...

## 3 My Goal...

(Start of Month)

My goal for this month is...	So I can...

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?

## 5 My Learnings...

(End of Month)

This month I learnt...



# My Goal Card

NOVEMBER

Date: \_\_\_\_\_

## 1 My Focus...

- Completing My Schoolwork
- Improving My Level of Achievement

- Getting Help & Support
- Keeping Myself Motivated

Monthly Average	
Overall SSE	Focus Area

## 2 My Reflection...

(Start of Month)

Something I do well is...	Something I find really hard is...

## 3 My Goal...

(Start of Month)

My goal for this month is...	So I can...

## 4 My Progress...

(Mid-Month)

How am I going?	What do I need to do next?

## 5 My Learnings...

(End of Month)

This month I learnt...

*Places Where Both Students & Staff Can Flourish!*

# HIGH PERFORMANCE SCHOOLS

