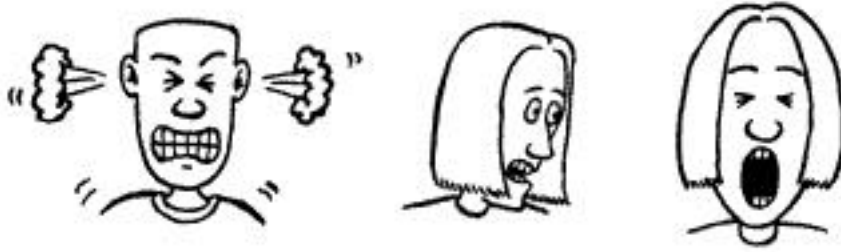


Doing well at school



1

This download is very brief, and just gets you to think about getting motivated, setting some goals, and choices you make at school.

2

You should print it out or save it to disk

3

If these sheets don't help, look at some of the others, download the whole retracking pack, get yourself some direct help, and try and talk to someone.



That's all!


TARGET SETTING

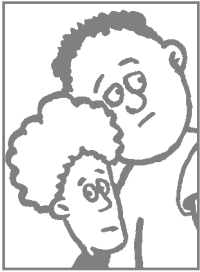
What do YOU think are the areas of your school life that have room for improvement?

Which are the bits that let you down, leave you feeling frustrated, get you into trouble or make you feel a failure?

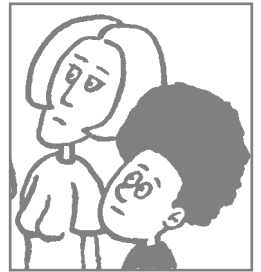
What would you like to set as improvement targets for the future?

<u>AREA</u>		<u>COMMENT</u>
READING	➔	
SPELLING	➔	
HANDWRITING	➔	
MATHS	➔	
SCIENCE	➔	
LANGUAGES	➔	
PE	➔	
TECHNOLOGY	➔	
HUMANITIES	➔	
CLASSROOM BEHAVIOUR	➔	
PLAYGROUND BEHAVIOUR	➔	
RELATIONSHIPS WITH STAFF	➔	
RELATIONSHIPS WITH OTHER STUDENTS	➔	





OTHERS' CONCERNS FOR ME?



HAVING DECIDED THAT YOUR MAIN WORRIES ARE ABOUT YOURSELF, HAVE A THINK ABOUT WHAT OTHER PEOPLE'S CONCERNS MIGHT BE FOR YOU. YES, THEY DO CARE!

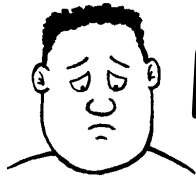


PARENTS

TEACHERS

FRIENDS

DO THEIR CONCERNS MATCH YOURS?
CAN YOU UNDERSTAND WHY THEY ARE WORRIED?



HOW DID I GET HERE?

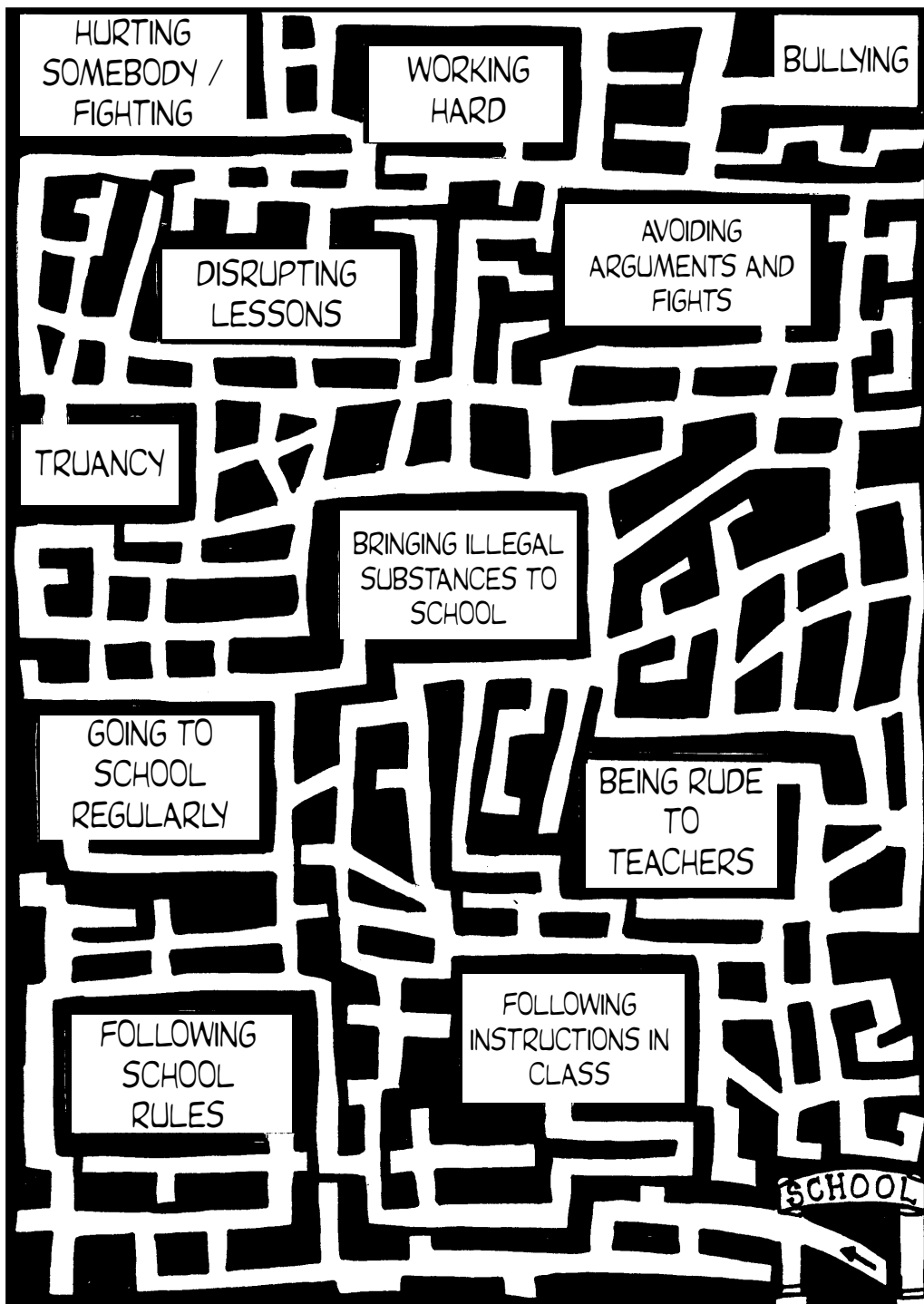
We are faced by a number of choices about the way that we behave and the roads that we chose to follow in life.

Below is a maze representing your time at school.

See if you can find the paths that you have chosen to follow.

What were the other ways you could have gone?

Any ideas about what stopped you from taking them?



STOPPING AND THINKING



Do you remember, in the previous sections, we spent some time looking at some of the reasons that might have led you getting into trouble, at school, at home or in the community?

We talked about “*pushes and pulls*”, about “*body language*” and “*keeping in control*”. In this section we have thought about “*willpower*” and might even have tried some exercises aimed at developing greater *self control*.

If you were to take a moment, thinking again about some of the situations which have led to uncomfortable consequences for yourself, you would probably agree that if you had given yourself time to think about the possible outcomes you might not have gone ahead?

SITUATION → MY REACTION → CONSEQUENCES

STOP!



THINK!

WHAT WILL I GAIN FROM DOING THIS?

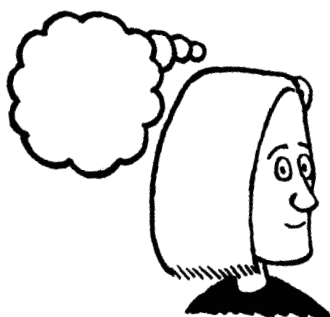
WHAT WILL I LOSE FROM DOING THIS?

WHAT WILL OTHERS GAIN IF I DO THIS?

WHAT WILL OTHERS LOSE IF I DO THIS?

This extra link in the chain of events need only take a matter of seconds, yet it might save you an awful lot of trouble in coming hours and days!

Have a go at filling in a simple diary (overleaf) for the coming week, aiming to keep aware of your responses and possible consequences.



STOP AND THINK DIARY

DAY AND DATE

TIME & PLACE

WHO WAS THERE

WHAT WAS HAPPENING

WHAT I DID

WHO GAINED WHAT?

WHO LOST WHAT?

DID I STOP AND THINK? YES/NO

WHAT MIGHT HAVE OCCURRED IF I DIDN'T STOP AND THINK? (OR, IF I DID?)