

Social-Emotional Skills Projects Module

1. The first column shows the date by which I will have fully met my goal and how successful I am now. Use the scale below.
2. Column # 2 is the date I developed the goal.
3. Column # 3 is my goal. What do I want to start doing, do more of, do more consistently, do less of, or eliminate? I will review the Developing & Successfully Meeting Goals Skill Card ([Decision Making & Personal Problem Solving Module](#)) before developing my goal.
4. Column # 4 is the date of my initial evaluation at the midpoint.
5. Column # 5 is my initial evaluation score using the scale below: how am I doing in meeting my goals by the intended date in column # 1?
6. Column #6 is what, if anything, I need to do to be more effective in reaching my goal after my initial evaluation.
7. Column # 7 is the date of my final evaluation.
8. Column # 8 is my final evaluation score using the scale below: how successful was I at reaching my goal?
9. On pages 3 and 4, I will use the “Evaluate My Success” form for each goal to assess the extent to which I was successful and what, if anything, I need to do to fully achieve it.

Goal #	2	3	4	5	6	7	8
	Date Of Goal	<u>My Goal: How Do I Want To Be? What Do I Want to Start Doing, Do More Often, Do More Consistently, Do Less Of, or Eliminate?</u>	Date of Eval	Eval Score	<u>What Do I Need To Do To Be More Successful?</u>	Date of Final Eval	Final Eval Score
1							
2							

Goal #	2	3	4	5	6	7	8
	Date Of Goal	<u>My Goal: How Do I Want To Be? What Do I Want to Start Doing, Do More Often, Do More Consistently, Do Less Of, or Eliminate?</u>	Date of Eval	Eval Score	<u>What Do I Need To Do To Be More Successful?</u>	Date of Final Eval	Final Eval Score
3							
4							
5							
6							
7							
8							
9							

Assess My Success. To What Extent Did I Meet My Goal?

<u>My Goal: What Did I Want to Start Doing, Do More Often, Do More Consistently, Do Less Of, or Eliminate?</u>	Date of My Final Evaluation
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How Successful Was I In Meeting My Goal? Circle your Response.

1-----2-----3-----4-----5
Not Successful Somewhat Successful Very Successful

How Much Effort Did I Put Into Meeting My Goal? Circle your Response.

1-----2-----3-----4-----5
Poor Effort Good Effort Best Effort

Based on your score above, answer either question 1A, 1B, or 1C. Then, answer questions 2 and 3.

1A. If my evaluation score was a 4 or higher (and I reached my goal), what did I do that contributed to my success?

1B. If my evaluation score was between a 2.5 and a 3.9, what contributed to my partial success? What could I have done to be more successful? What do I need to do to be more successful?

1C. If my score was between a 1 and a 2.4, why was I unsuccessful, and what do I need to do to reach my goal?

2. What was the impact of either meeting, partially meeting, or not meeting my goal?

3. What have I learned about myself as a result of developing and striving to reach this goal, and how can I be successful in developing and striving to reach goals in the future?