

goal setting

Learning Objective: Each student will learn be able to identify and learn skills to cope with grief.

Quiz Reflection:

Video Reflection:

Podcast Reflection:

Goals:

1.

What? _____

Why? _____

How? _____

2.

What? _____

Why? _____

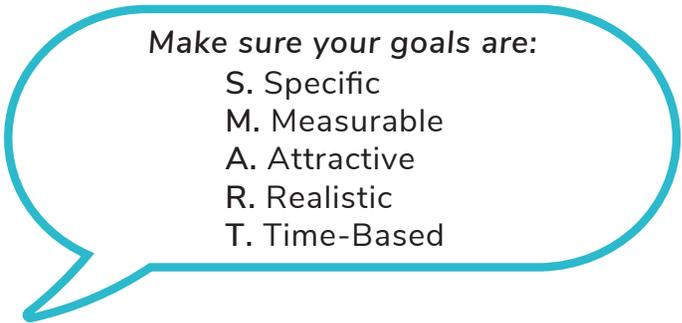
How? _____

3.

What? _____

Why? _____

How? _____



Final Thoughts:



Access your Online Dashboard

Login at my.schoolpulse.org

Not signed up?

See your instructor for the opt-in code.

goal setting

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

1. I set lots of goals in the hope that I will achieve some of them.

- Never Rarely Sometimes
 Often Very often

2. I find that my targets are too ambitious.

- Never Rarely Sometimes
 Often Very often

3. If I'm struggling to meet a goal, I set sub-goals to renew my motivation.

- Never Rarely Sometimes
 Often Very often

4. I don't celebrate success until I've achieved a goal.

- Never Rarely Sometimes
 Often Very often

5. I seek out tools that help me reach my goals.

- Never Rarely Sometimes
 Often Very often

6. If I fail to meet a target, I take time to reflect on what went wrong.

- Never Rarely Sometimes
 Often Very often

7. I look for ways to build goals into my daily life by developing new habits.

- Never Rarely Sometimes
 Often Very often

8. I set an end date for each goals to help me stay on track.

- Never Rarely Sometimes
 Often Very often

9. I set low standards so that my goals are easy to meet.

- Never Rarely Sometimes
 Often Very often

10. When I make new plans, I reflect on my existing commitments to make sure that I don't take on too much.

- Never Rarely Sometimes
 Often Very often

11. I ask for support from friends and colleagues if I start to lack motivation.

- Never Rarely Sometimes
 Often Very often

12. I regularly monitor how I am doing, so that I can measure how well I'm progressing towards my goals.

- Never Rarely Sometimes
 Often Very often

Want to learn more about trauma, and other mental health topics?

Visit: schoolpulse.org/resources



quiz results

Use your quiz answers to add up your points.

Never = 1 point
Rarely = 2 points
Sometimes = 3 points
Often = 4 points
Very Often = 5 points

Total Points: _____

12-23

Keep Going!
To help with your
goal-setting skills
make sure they are
S.M.A.R.T.
(see worksheet)

24-35

Practice makes perfect!
Involving a strong
support system could
be the difference in
your goal-setting skills.

36-47

Good Work!
There is as good
indication that you
have strong
goal-setting skills.

48-60

Great Job! There
is strong indication
that you have
great goal-setting
skills.

These results are not a diagnosis, if you have questions text us at SchoolPulse.

confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I _____, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

Student Signature

Date