

ADVICE: Personal Best Goal Sheet

This is not an assignment; it will not be collected. You are not required to do it or to show your results to anyone. Take the following quiz by circling the answer that matches your BEST effort.

1. In my previous math classes, the best grade I've ever received on a test was:

low F	high F	D	C	B	A
0-49%	50-59%	60-69%	70-79%	80-89%	90-100%

2. In my previous math classes, the best grade I've ever received on a quiz was:

low F	high F	D	C	B	A
0-49%	50-59%	60-69%	70-79%	80-89%	90-100%

3. In my previous math classes, the best grade I've ever received on a final exam was:

low F	high F	D	C	B	A
0-49%	50-59%	60-69%	70-79%	80-89%	90-100%

4. In my previous math classes, the best final grade for the class that I've ever received was:

low F	high F	D	C	B	A
0-49%	50-59%	60-69%	70-79%	80-89%	90-100%

5. In my previous math classes, the best attendance I had was:

10 or more absences	5-9 absences	2-4 absences	1 absence	0 absences
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6. In my previous math classes, the best arrival record I had was:

10 or more tardies	5-9 tardies	2-4 tardies	1 tardies	0 tardies
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7. In my previous math classes, my best homework completion was:

never	1-5 assignments	half	many	all but 1 or 2	did every one
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8. In my previous math classes, the most I took class notes was:

never	1-5 classes	half	many	all but 1 or 2	every class
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9. In my previous math classes, the most questions I asked (in class, after class, or at other times) was:

none	1 question	2-5 questions	5-10 questions	11-30 questions	more than 30
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10. In my previous math classes, the most studying I did was:

none	before some tests	before all tests	every other class	many days	everyday
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11. In my previous math classes, the longest I stayed in the class was:

drop after 1 st class	drop in 2 nd week	drop after 1 st test	drop after a few tests	drop with W	→
disappear after W deadline		stayed to the end but skipped the final	took the final exam		

For each item, underline the response which is one answer to the right of the answer that you circled—in other words, one step better than you've done before.

Then choose 3-5 of these as your personal goals for this class.

You may find it helpful to share your goals with a buddy who can encourage you and appreciate you when you **do** achieve your personal best!