







STUDENT PULSE

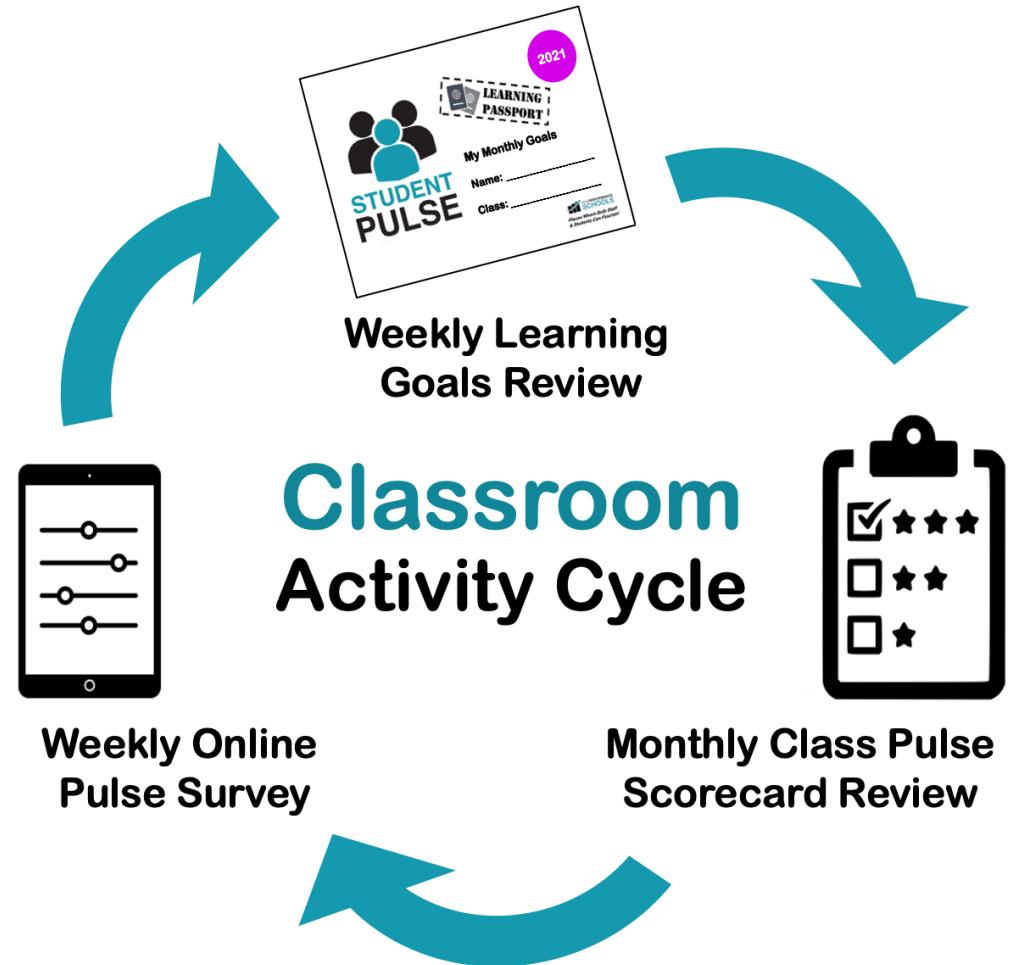


Name: _____

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





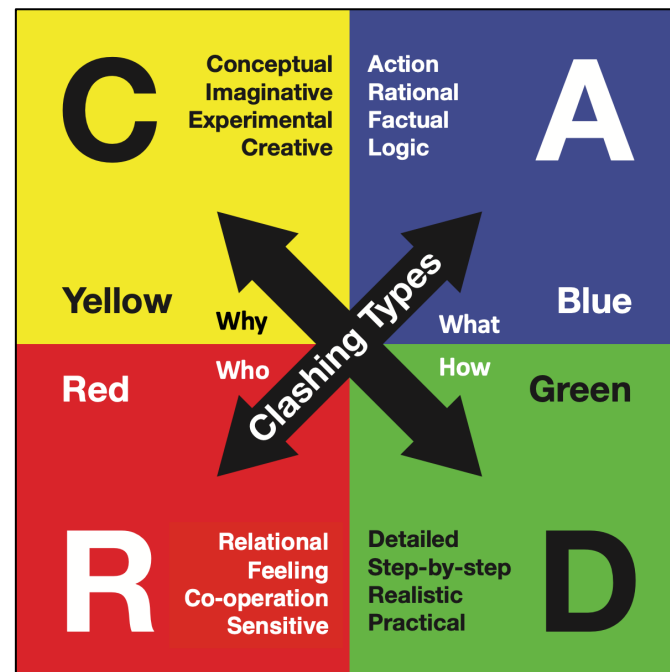
About Me...

1. My Name _____

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

3. My Hobbies / Interests

4. My Secret Skills





My Goal Card

Date: _____

EXAMPLE

1 My Focus...

- ☐ Completing My Schoolwork
- ☐ Improving My Level of Achievement

- ☒ Getting Help & Support
- ☐ Keeping Myself Motivated

Monthly Average	
81%	77%
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?
I have been putting up my hand more often when I don't understand.	When I ask for help I need to be more specific about what I need help with.

5 My Learnings...

(End of Month)

This month I learnt...
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.



My Goal Card

Date: _____

PRACTICE

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: _____

FEBRUARY

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: _____

MAY

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: _____

JUNE

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: _____

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

Date: _____

AUGUST

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

Date: _____

OCTOBER

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: _____

NOVEMBER

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

