**Self-Assessment Leads to Positive Development**

**\*Throughout this year, you will maintain a math journal. Doing so will provide you with evidence of your growth, help you develop essential self-assessment skills for life, prepare you for your future, and allow you to develop your abilities to evaluate your own practices.**

**If you have any questions, please do not hesitate to ask. ☺**

**Part 1: Short Term Goals**

Research shows that people who set and evaluate their progress in achieving short-term goals are more likely to be successful in various areas. Set **two to four** short-term learning goals per week. Rather than focusing on earning certain grades, try to focus on **applying practices** that will help you achieve to your fullest potential. (ex. studying 20 minutes per day, explaining 5+ problems to yourself per week, reviewing your notes, taking notes in the margins during class, writing 3+ questions you have per week, etc.)

**Part 2: Journal**

Complete at least two journal entries per week. You may write about any area of your choice in regards to your development in this course. Feel free to use the prompts on the “Journaling” page of our class website as a guideline. You may respond to any of those questions/prompts, or write any ideas you have of your own. You may answer different questions each week. Also be sure to keep checking the Journaling page for updated prompts! ☺

**Part 3: Deeper Learning**

Research also shows that re-doing and/or creating problems helps consolidate one’s knowledge. Each week, choose any 2-5 problems from class work, homework, quizzes, etc., to go back and redo OR create any 2-5 problems of your own. After redoing or creating the problems, answer the following questions.

1. Why did you choose these particular problems to redo/create?

2. How were you able to enhance your learning through redoing/creating these problems?

3. Were you able to learn from any mistakes on these problems? If so, describe in detail. If you created a problem, describe the process you used in your creation.

4. How will you apply what you learned from these problems to your future learning experiences?

Journals will be collected AT RANDOM, so be sure to keep up with them.

Please keep a tab or fold to keep track of each journal collection.