|  |  |  |  |
| --- | --- | --- | --- |
| **Name:**  |  | **Period:**  |  |
| **Date:** |  | **Unit**  |  |

**Part One: Previous Unit Reflection**

|  |
| --- |
| 1. Describe one success or achievement you experienced in the previous unit.
 |
|  |

|  |
| --- |
| 1. Now, describe a few obstacles or challenges you faced in the work or assessments.
 |
|  |

|  |
| --- |
| 1. How did you overcome those obstacles? Describe the growth you experienced as a result of the obstacles or challenges you faced.
 |
|  |

**Part Two: New Unit Goals**

|  |
| --- |
| 1. Given your successes and challenges in the previous unit, write three growth-based goals you have for your work, assessments, or collaboration in the next unit.
 |
|  |

|  |
| --- |
| 1. What steps will you take to achieve these goals? Write three to five steps for each goal.
 |
|  |

|  |
| --- |
| 1. Complete the following sentence: “By the end of this unit, I hope that…”
 |
|  |

**Part Three: Mindset Goals**

|  |
| --- |
| 1. From the list of mindsets below, write a checkmark next to the two mindsets you identified as areas of growth for yourself.
 |
|  | **Persisting:** *I don’t give up even when the work is hard. I make a strategy, try a solution, and reflect on my success.*  |
|  | **Managing Impulsivity:** *I think before I act, taking time to understand the directions and plan my work according to the time I have.*  |
|  | **Listening to Others with Understanding and Empathy:** *I listen to others to try and understand their point of view. I listen to what is being said, as well as what meaning may exist underneath the words.*  |
|  | **Creating, Imaging, Innovating:** *I use my creativity to come up with new ideas, solutions, and products. I use feedback to improve my work, pushing myself beyond what I believe I am capable of.*  |
|  | **Applying Past Knowledge to New Situations:** *I use past experiences and knowledge to solve new challenges.* |
|  | **Thinking Interdependently:** *I recognize that we are more powerful and effective in a group than we are alone, and I embrace my peers’ ideas and solutions.*  |
|  | **Taking Responsible Risks:** *I accept confusion and the risk of failing because I know that challenges push me to think harder and grow faster.*  |
|  | **Thinking about our Thinking (Metacognition):** *I reflect on the way I learn and evaluate the quality of my work. I plan for success and assess the effectiveness of my plan at the end.*  |
|  | **Striving for Accuracy and Precision:** *I take time to check over my work to find and correct errors. I take pride in my work and in the way I communicate.*  |
|  | **Learning Continuously:** *I am constantly improving myself. I am humble, acknowledging what I don’t know and striving to grow and learn.*  |

|  |
| --- |
| 1. What specific actions will you take during the next unit to improve your mindset in the growth areas you identified? Draft an action plan for improvement.
 |
|  |