



National School Climate Center

Educating Minds and Hearts, because the 3 Rs Are Not Enough

Student Self-Management Protocols

Introduction

The below protocols were created for teachers to support students in engaging in self-reflection to support their roles in creating safe, supportive learning environments and building a community of upstanders. Use the worksheets below to support student short- and long-term goal setting.

As you work with students on goal setting, it will be helpful to ensure that your goals are SMART:

- S** Specific
- M** Measureable
- A** Attainable
- R** Realistic
- T** Timely

This will help ensure that students can sustain their own work over the course of the school year.

Follow Through

Save the sheets to return to students at predetermined intervals (weekly, monthly, quarterly, etc.), so that students can revisit their goals and monitor their own progress. Encourage students to modify or set new goals throughout the year.

As you work with your students, it will be helpful to celebrate their successes and progress. Though many schools emphasize academic success, recognizing social-emotional success is also important. Consider giving your students the opportunity to do both.

Steps you can model and encourage others to take in supporting students' goal achievement	Steps students can take to track and reflect on their work towards their goals
<ul style="list-style-type: none">● Mention when you notice students trying● Mention when you observe learning or positive changes in behaviors● Discuss goals with students● Kindly remind students of their goals● Thank students when their actions contribute positively to the classroom● Listen to students talking about their goals	<ul style="list-style-type: none">● Keep a journal to document their progress● Keep a checklist of the steps they are taking or could be taking● Discuss their progress with a teacher or another adult● Evaluate their own progress● Discuss their progress with other students

Classroom Community Member Action Plan

Use this worksheet to begin setting goals for the kind of community member you would like to be. As you do so, think about the steps you will need to take to achieve this goal.

Name _____

Class _____

Date _____

Plan will last from _____ (start date) to _____ (end date)

What kind of classroom community member would you like to be? What is your goal?

Why do you want to reach this goal?

Who will help you reach this goal? How will they help you?

What three steps will you take to reach this goal?

1.

2.

3.

Student Signature

Teacher Signature

NATIONAL SCHOOL CLIMATE CENTER (NSCC)

341 West 38th Street, 9th Floor, New York, NY 10018

(T) 212.707.8799 (F) 212.957.6616 www.schoolclimate.org

Parent/Guardian Check In: Classroom Community Member Action Plan

Share this form with your parent(s)/guardian(s) to update them on your classroom community member action plan.

Name _____	Class _____	
Dear _____		
This week my classroom community goal was _____ _____		
Here is how I did on my goal (circle one):		
<input type="checkbox"/> I met my goal every day <input type="checkbox"/> I met my goal sometimes <input type="checkbox"/> I met my goal rarely <input type="checkbox"/> I did not meet my goal		
Why did you choose the above response? Please provide 1-2 examples of what did or did not work. _____ _____		
You can help support my goal by (select one or more):		
<input type="checkbox"/> Asking me how my day went		
<input type="checkbox"/> Asking how I felt about my goal		
<input type="checkbox"/> Encouraging me to meet my goal		
<input type="checkbox"/> Reminding me to meet my goal		
<input type="checkbox"/> Giving me ideas about how to meet my goal		
Parent/Guardian Comments: _____ _____		
_____ Student Signature	_____ Parent/Guardian Signature	_____ Teacher Signature