High School Self-Direction Checklist

Creating a Personal Vision:

☐ I self assess using input/feedback from others, criteria and my own observations to make decisions and complete goals

☐ I explain ways my behavior and choices help and hinder my achievement and progress toward my goals

☐ I use techniques to remind myself of my strengths and preferred learning modes and styles and can adapt and adjust to different learning modes and styles

☐ I seek out opportunities to challenge myself

☐ I evaluate successes and failures and what I learned about myself

☐ I assess how fear of failure limits my possibilities and options

Setting Goals, Priorities, Plans:

☐ I recognize and assume responsibility for planning and performance of projects and future plans

☐ I prioritize and organize my work using an action plan model which incorporates goals and steps to reach them and which accommodates numerous or conflicting goals and priorities

☐ I determine and use an effective system for managing time and materials

☐ I structure a plan which clearly outlines strategies, time factors, resource needs and overall constraints

Managing Self:

☐ I use time management techniques and tools e.g., day planners, assignment calendars

☐ I make informed choices based on information or data and an understanding of responsibility e.g., cause/effect, consequences

- [ ] I make plans and contingency plans which address stresses and avoid procrastination

- [ ] I identify personal motivational patterns, distribute work according to perceived strengths and use techniques for areas needing improvement

- [ ] I explain that mistakes are opportunities for learning and demonstrate learning from my mistakes

- [ ] I develop and use self sufficiency and self management skills e.g., look for own solutions to problems before seeking help, yet know when and how to access appropriate, timely help

- [ ] I demonstrate and evaluate my work habits and attitudes and describe areas of strength and those needing improvement (e.g. collaboration, positive attitude, desire to exceed standard, task completion)