

My Personal GAP

# MY PERSONAL GOALS ACTION PLAN



CHIJ Our Lady Of Good Counsel

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  - Social Emotional Learning (SEL) competencies

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# BACKGROUND

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## Objectives of My Personal Goals Action Plan

- ✘ To help pupils to think about what they want to do for the year and
- ✘ To help pupils keep track of how they are doing term by term.

# ALIGNMENT TO THE SE COMPETENCIES

**Social Emotional Learning** enables students to develop the skills to succeed in life.

Students' learning of a set of skills :-

- ✗ To manage self,
- ✗ To relate to others and
- ✗ To make decisions

# 5 CORE SEL COMPETENCIES

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## Self awareness

- ✗ Identifying and recognising emotions,
- ✗ Recognising strengths, needs and values,

## Self management

- ✗ Impulse control and stress management,
- ✗ Self-motivation and discipline,
- ✗ Goal setting & organisational skills

# 5 CORE SEL COMPETENCIES

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## Social awareness

- ✘ Perspective taking & Empathy,
- ✘ Appreciating diversity & Respect for others

## Relationship management

- ✘ Working cooperatively,
- ✘ Negotiation, refusal and conflict management,
- ✘ Seeking and providing help

# 5 CORE SEL COMPETENCIES

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## Responsible decision making

- ✗ Problem solving,
- ✗ Evaluation and reflection,
- ✗ Personal, moral and ethical responsibility

# PROGRESS : 2010 TO 2014

*I'm a self-directed learner, tracking and reviewing my progress.*

**2010**

- Introduction of the tool to P3 - P6 pupils
- Designed a simplified version for P1 & P2 pupils

**2011**

- End 2012:**
- Revision of tool to include monthly monitoring
  - Inclusion of award certificate as an encouragement

**2013 & 2014**

- End 2012:**
- Further improvements of the tool
  - Inclusion of parental involvement
- End 2013:**
- Integration of goals for school values with Growing in Grace Package.





# **FOR PUPILS**

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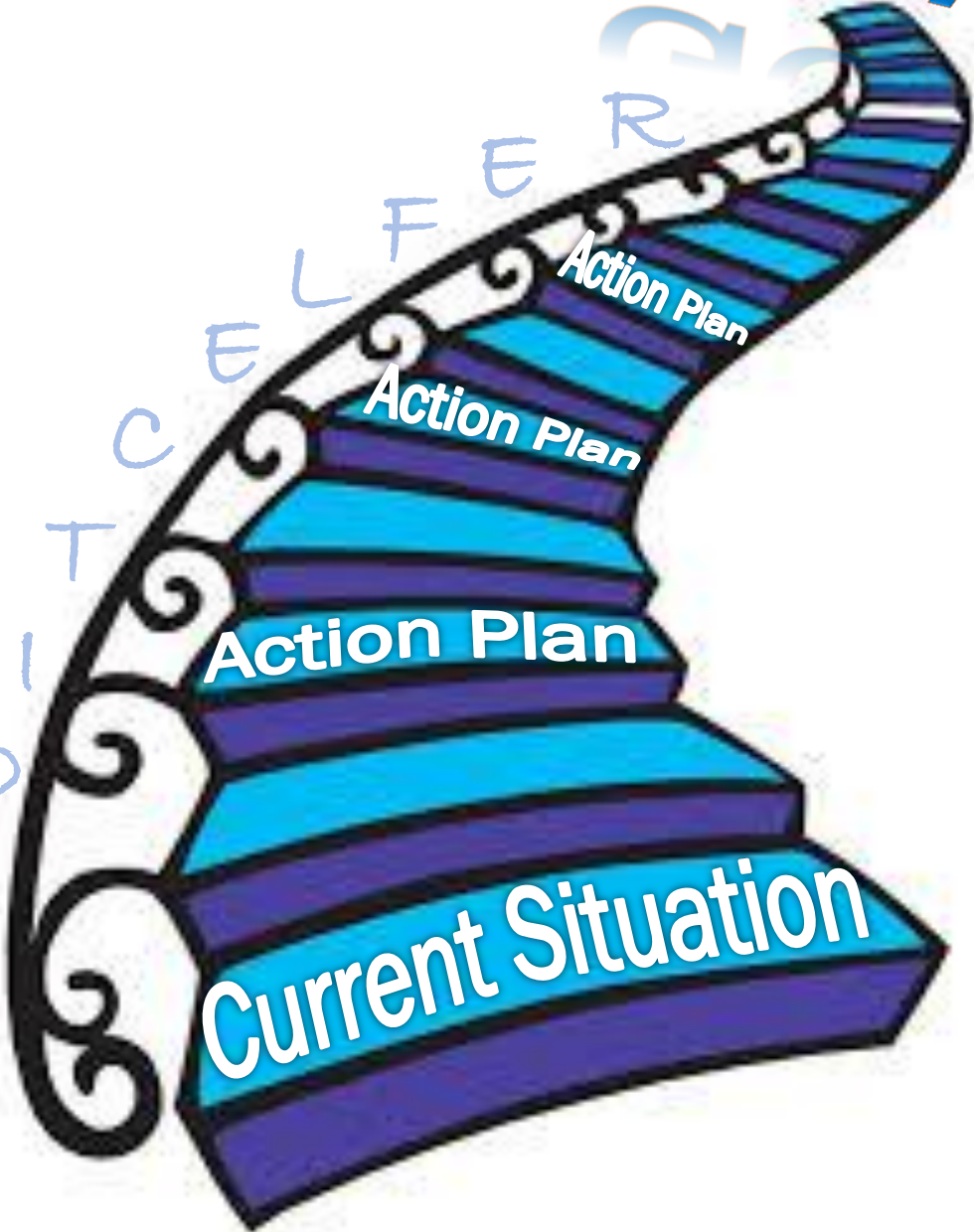
## **A Good Goal**

- 1) It says **EXACTLY** what you want.
- 2) It says **WHEN** you want it.
- 3) It says **HOW** you're going to get it.
- 4) It is one that you **BELIEVE** in.

- ✗ Parent involvement
- ✗ Teacher involvement

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Action Plan

Action Plan

Action Plan

Current Situation

# ***PARENTS' INVOLVEMENT***

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## **Setting S.M.A.R.T.Goals**

- × Specific,**
- × Measurable,**
- × Attainable,**
- × Results-oriented &**
- × Time-bound.**

# ***PARENTS' INVOLVEMENT***

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Be an advisor / mentor.

- ✗ Explore what she truly wants to achieve.
- ✗ Explore her motivations for her goals.
- ✗ Explore if goals are realistic and possible.
- ✗ Help your child to define her goal.
- ✗ Break the goal into small, manageable steps.
- ✗ Anticipate problems / challenges.
- ✗ Have the child set a deadline.
- ✗ Help your child monitor her own progress.
- ✗ Provide realistic and positive feedback on her progress.
- ✗ Use a lot of encouragement and make it learning process fun.

# SCHOOL EXPERIENCE : OUR REFLECTIONS

## Lower primary class

- ✗ A simplified form
- ✗ An early introduction
- ✗ More parental involvement
- ✗ More teacher dependent

## Upper primary class

- ✗ Familiarity with My Personal GAP
- ✗ Dependent on instruction
- ✗ Dependent on maturity of pupil
- ✗ More thoughtful