



Mass Academy Academic Success Plan

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Student Name _____ Success Plan Advisor _____

This worksheet is designed to help you develop a plan for improving your academic standing. Discuss and develop it with your parents and success plan advisor. Be honest with yourself about the commitment and effort you are willing to invest, so that you can develop a plan that is achievable and workable for you. It is your responsibility to set up a weekly meeting with your success plan advisor.

Complete page one (steps 1 and 2) with your parents before the first weekly meeting with your success plan advisor.

Step 1: Identify the obstacles you are experiencing

Check all of the problems, issues, or difficulties that apply, and circle the top 3 that are impacting your academic performance.

- Study skills
- Previous strategies ineffective
- Time management
- Daily homework/assignments
- Long term projects
- Deadlines
- Procrastination
- Too many obligations
- Transportation
- Health problems
- Sleep issues
- Nutrition
- Distractions/concentration
- Stress
- Course content
- Class style/format
- Assessments
- Collaboration
- Communication
- Extra help
- Presentation skills
- Technology

Other obstacle(s) not listed above: _____

Step 2: List and elaborate on your top 3 obstacles to be discussed with your advisor at the first weekly meeting

	Obstacle	Description / Elaborate
1		
2		
3		

Step 3: Develop your SMART goals and Action Plans

A good SMART goal contains the following characteristics

- S** - Specific: Make your goal as specific as possible
- M** - Measureable: Be sure that your goal is measurable
- A** - Attainable: Set goals that you can achieve
- R** - Relevant: Set goals that are important to you
- T** - Timely: Establish a timeline for reaching your goal

	Examples of SMART Goals	Examples of Action Plans
1	Improve assessment scores in physics by 10% on the next test	<ul style="list-style-type: none"> • Look for trends on previous assessments • Work with at least 3 different peers • Discuss with Mr. Ellis which strategies are not working for me
2	Get at least 7 hours of sleep, at least 4 nights per week	<ul style="list-style-type: none"> • Set an alarm to go to bed • Keep a calendar/tracking system of how many hours of sleep I got each night (Sleep App?) • Develop a bed time ritual (mediation, reading, ...)
3	Prioritize assignments and spend no more than 1 hour per course per night	<ul style="list-style-type: none"> • Start assignments on the day they are assigned • Use after school time to assess and plan all the assignments and the amount of time needed for each of them

Write your most important SMART goals (up to three) and Action Plans

	Your SMART Goals	Your Action Plans
1		
2		
3		

A Growth Mindset demonstrates perseverance in the face of obstacles and setbacks. We encourage you to commit to implementing the above strategies and to revisit and revise these as needed. The Mass Academy community is committed to helping you succeed. Think positively and don't give up!

This plan should be developed by you in conjunction with your parents and success plan advisor. Once the plan is completed, obtain the appropriate signatures and return the form to your success plan advisor.

Student Signature _____ Date _____

Parent Signature _____ Date _____

Advisor Signature _____ Date _____