

# Fresh Start for School

## 1. Student Information

- Your name:
- Your lunch number or student ID (if you can remember it):
- Who is your teacher?

## 2. Self-Assessment

- How is this year going for you so far? (Not Great 1 - 4 Great)

## 3. Goals and Perception

- Describe how you want the rest of this school year to be.
- What do you want others to know about you, and how do you want others to think of you?
- How would you like to treat others this year?
- How do you want to be thought of?
- How do you want to be?

## 4. Keep, Start, Stop

- What would you like to **KEEP DOING**?
- If there is anything you think that would be helpful, what would you like to **START DOING** more?
- What would you like to **STOP DOING**?

## 5. Remembering and Support

- Are there any challenges you might need help with when working on your Fresh Start at school?
- Check all that apply that might be helpful for you to remember what you want to keep doing, start doing, or stop doing?
  - Teacher to help remind me
  - My friend(s) to help remind me
  - Anyone can remind me
  - Me to write it down
  - Me to reflect on it often
  - Our class to remind ourselves of our decision
  - If you have another way, write it on Other:
- Are there any special instructions you would give others for how to or how **NOT** to remind you?