

# SAS: Day 4

Name:

Date:

Task:

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1. CHECKLISTS: List the items that should be included in each of the the below areas:

- 3:00 locker stop:
  
- Home (in study area):
  
- For miscellaneous places:
  
- Use the provided materials to make yourself a checklist for your locker and home area.
- You are to place them both in their assigned spot by the end of the day.

2. GOAL SETTING

- My goals for today are to ...
  
  
  
  
  
  
  
  
  
  
- My goals for the week are to ....
  
  
  
  
  
  
  
  
  
  
- Prepare a plan that will allow you to successfully achieve these goals.

3. CLASSROOM READINESS

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## **Before Class**

- Review recent work and readings before class
- Be on time
- Make sure your seat is comfortable for sight and sound
- Have all necessary materials out and ready
- Have sticky notes on desk
  - Write out directions
  - Record questions to ask
  - Make note of any miscellaneous items
- Write out agenda with room between items for specific directions

## **During Class**

- Find a way to focus
- Notice teacher cues
- Anticipate what the teacher is going to say
- Have a mental dialog with the teacher
- Answer a question aloud
- Ask a question aloud
- Record homework in Planner
- File all papers in assigned place; never start 'later' piles
- Ask teacher about items on sticky notes

## **After Class**

- Make sure to take home all necessary papers and books
- Read over class handouts before starting homework
- Complete homework, taking a break if necessary
- Call a friend to discuss your completed assignment
- Make sure all papers are in their assigned place
- Check off completed items in your Planner and other checklists