

# Sample Action Plan Goals



**Below are some sample goals that may help you as you select goals for your students. Feel free to revise the goals below or write your own.**

## **Academic Engagement & Preparedness**

*Improving classwork, homework, organization, and overall academic consistency.*

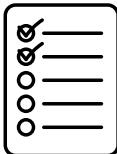
- [STUDENT] will complete homework (or classwork) and be prepared for class 4/5 days per week for the remainder of the semester (or 6 weeks).
- [STUDENT] will use planner with [identified adult] support to organize homework/materials each week.
- [STUDENT] will meet with [identified adult] once per week to review academic progress and update a goal tracker for the next 6 weeks.

## **Emotional Wellness & Coping Skills**

*Identifying and using coping strategies, managing emotions, and participating in support services.*

- [STUDENT] will work with [identified adult] to identify and demonstrate use of 3–5 coping strategies or refusal skills by the end of the month.
- [STUDENT] will participate in a weekly small group to practice coping skills for the next 6–8 weeks.
- [STUDENT] will work with [identified adult] to identify 3–5 calming strategies and demonstrate their use.
- [STUDENT] will participate in drug and alcohol services with [identified adult] to reduce vaping THC.
- [STUDENT] will do check-in/check-out with [identified adult] each school day for 4 weeks.
- [STUDENT] will use a self-monitoring tool (e.g., feelings chart or journal) to track mood and coping strategy use daily for 2 weeks.

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## **Social Connection & Belonging**

*Increasing peer engagement, building social skills, and encouraging positive relationships.*

- [STUDENT] will identify one group, club, or pro-social activity to join by the end of the marking period, with support from [identified adult].
- [STUDENT] will participate in a social skills or lunch group once per week for the next 6–8 weeks.
- [STUDENT] will work with [identified adult] to identify and take a lead in a class activity where she feels confident and safe.
- [STUDENT] will initiate a positive interaction with a peer (e.g., greeting, group work, compliment) once per day for 10 school days, with coaching support.

## **Attendance, School Connection & Follow-Through**

*Improving consistent school attendance, participation, and engagement with routines.*

- [STUDENT] will attend school or practice 4 out of 5 days per week for the next 3 weeks.
- [STUDENT] will maintain at least 80% school attendance for the remainder of the semester.
- [STUDENT] will check in with a coach or trusted adult for 5 minutes daily after school or practice.

## **Future Planning & Goal Setting**

*Supporting postsecondary exploration, goal development, and motivation for the future.*

- [STUDENT] will meet with the school counselor every 1–2 weeks to explore postsecondary options.
- [STUDENT] will identify three potential college or career options aligned with their goals by the end of the semester.
- [STUDENT] will complete one interest or career inventory and review the results with [identified adult] by the end of the month.