

Support planning and action

Students need consistent, small, and meaningful reminders to help them set goals, organise and make a plan.

Suggestions for supporting goal setting and self monitoring

- Provide models or examples of the process.
- Teach students how to plan.
- Provide guides and checklists for scaffolding goal-setting.
- Post goals, objectives, and schedules in an obvious place.
- Involve students in creating what the outcome might look like.
- Break the process up into small steps with visual, video, and verbal supports.
- Offer problem solving checklists.

Explore more practical suggestions on [Goalbook Toolkit](#).

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