FORETHOUGHT *Plan, Set Goals and lay out Strategies*	*What is my goal?* **Goal** *To study Alberta Education's new mandates and directions for high school and create a list of resources that will help me plan effective and engaging PD for staff* • My goal is relevant to my practice and will help me get a head start on planning for the 2016-2017 school based PD	**July 18, 2016** ** Revised August 1, 2016*

	How will I achieve it?
	Motivation
	• I have given myself enough time to achieve my goal
	• I feel this goal will benefit me professionally and give me the insight and confidence I need to work with admin on this new endeavor
	• I will use the internet as a primary resource for research
	    ○ Look at case studies where schools implemented redesign to help with assessment
	    ○ I will create a worksheet with categories to help organize your resources
	    ○ *timeline created to manage time to reach goal date	

PERFORMANCE *Use Strategies and Monitor Performance*	*How do I feel about my progress?* **Self-monitoring** • Finding the time to work while on vacation is a challenge. I feel overwhelmed and tired trying to find the time to set aside for schoolwork. • After returning home on the 27th I will change my learning environment – back in my office and set days to work on PME 800 course – this worked for me in the past	**Ongoing** **Revised August 1-4, 2016*
	What changes do I need to make? **Attention focusing** • I am skipping ahead to the step after my goal. I need to remain focused on my original goal, and use my time to focus on achieving my goal. ○ Create a timeline with the remaining days, itemizing what needs to be completed by when in order to reach my goal • *Rather than starting from scratch, I will contact CTs from other schools to get advice on how to proceed and see what they have done for redesign (what has worked, what hasn't). This will help me to narrow my focus	
SELF-REFLECTION *Reflect on Performance*	*Did I achieve my goal?* *Am I proud of my final product?*	**August 21, 2016**
	What strategies worked really well? *What would I do differently next time?*	

* Changes made during the performance phase