

Academic Mindset Checklist

Goal Setting/Action Plan

1. Do I have clear academic goals written down?

Yes No

2. Do I have a specific, written action plan to improve in each aspect of my academics (classroom, studying, test-taking)?

Yes No

3. Do I take personal responsibility for my mistakes & weaknesses?

Yes No

Habits/Routine

4. Do I have a consistent routine to prepare for school each morning and before each class?

Yes No

5. Do I have a plan to adjust your routine when something suddenly changes?

Yes No

6. Are my energy and effort levels similar whether I am in class or taking a big test?

Yes No

7. Do I take clear, specific steps to maintain my health on a daily basis?

Yes No

Motivation

8. Can I name the things that motivate/inspire me?

Yes No

9. Do I know how to visualize my success and rely on the thoughts that bring out my best performances on tests?

Yes No

10. Am I good at reminding myself why I love learning during difficult times in or out of school?

Yes No

11. Do I have role models and positive sources of inspiration to draw from when I am facing adversity?

Yes No

Confidence

12. Do I believe that I will accomplish the goals I have set for academic excellence?

Yes No

13. Do I use language that empowers and builds me up rather than diminishes or breaks me down?

Yes No

14. Do I consistently believe I will do well on any test, project, or assignment that I complete?

Yes No

Resilience

15. Do I believe I am the most mentally tough person I have ever met? (If not, who is? What would I have to do to catch up?)

Yes No

16. Do I know how to refocus and bounce back from adversity and difficult situations that are outside of my control?

Yes No

17. Am I able to push past boredom and distractions constantly in the pursuit of my goals?

Yes No

Refocus & Responsibility

18. Do I take responsibility for my failures or setbacks without using excuses?

Yes No

19. Do I learn from failures and turn them into positive experiences that help me grow as an academic?

Yes No

20. Does my attitude and work ethic reflect a student who is teachable?

Yes No