**12th Grade Student Success Plan for (name)**

Mission Statement 2018/19

|  |  |  |  |
| --- | --- | --- | --- |
| **Academic Goals:**1.2.3.  | **Strategies for achieving goals:**1.2.3. | **Personal Goals:**1.2.3. | **Strategies for achieving personal goals:**1.2.3. |
|  **Wellness Goals:** 1.2.3. | **Stess Management Strategies:**1.2.3. | **Obstacles to Overcome/ Barriers to Achieving Goals**1.2.3. | **Courses Fall 2018:****Courses Spring 2019:** |
| **Other time constraints over the year:** **Fall Winter Spring** |

**Create a Mission Statement** - You will kick off your roadmap for success by determining your overall mission for the year of education. Your dreams will be put into words in a written statement called a *mission statement*. You need to decide ahead of time what you'd like to accomplish, then write a paragraph to define this goal. This statement can be a little vague, but that's only because you need to think big at the beginning stage. (You'll see that you should go into detail a little later.) The statement should spell out an overall target that would enable you to reach your highest potential. Your statement should be personalized: it should fit your individual personality as well as your special dreams for the future. As you craft a mission statement, consider how you are special and different, and think about how you can tap in to your special talents and strengths to achieve your target. You might even come up with a motto.

**Sample Mission Statement:** I am a motivated student that would like to complete my high school career at SMSA by completing all my coursework with a B or better, while discovering something new about myself. I would like to push myself outside of my comfort zone this year to do something or learn something I have never done before. I would like to plan a meaningful Capstone project and stay ahead of my deadlines. In senior year I would like for my parents to see me more as an adult, and I will do that by being responsible and self-motivated. Ultimately I would like to earn enough scholarship money to offset the cost of college, by at least half. I would like to graduate in June and head to a four-year university.

**2. Select the Goals** - Goals are general statements that identify some benchmarks you'll need to accomplish in order to meet your mission. Most likely you will need to address some possible stumbling blocks you may face on your journey. As in business, you need to recognize any weaknesses and create a defensive strategy in addition to your offensive strategy. Offensive Goals: I **will set aside specific times to do homework**. I will build relationships with students who want to succeed. Defensive Goals: **I will identify and eliminate time-wasting activities by half. I will manage relationships that involve drama and that threaten to drain my energy.**

**3. Plan Strategies for Reaching Every Goal** - Take a good look at the goals you've developed and come up with specifics for reaching them. If one of your goals is dedicating two hours a night to homework, a strategy for reaching that goal is to decide what else might interfere with that and plan around it. Be real when you examine your routine and your plans. For instance, if you are addicted to *Netflix* or social media, put some constraints on that time. See how this reflects reality? If you think something so frivolous as planning your social media time doesn’t belong in a strategic plan, think again! In real life, think about how much time a day you spend on social media, *Netflix* and other time sucks. This is just the sort of hidden roadblock that can bring you down!

**4. Social support plan:** We all need support from friends and family to stay afloat when attempting to complete your senior year. Regular contact with your support network will help you to maintain balance.

**5. Wellness goals: Definition of Wellness**

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.

"...A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization.

"A conscious, self-directed and evolving process of achieving full potential." - The National Wellness Institute

Wellness is more than being free from illness, it is a dynamic process of change and growth.

**Why Wellness Matters**

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It’s an ongoing circle. Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions

**6. Stress management strategies:** The best way to manage your stress is to learn healthy coping strategies. You can start practicing these tips right away. Try one or two until you find a few that work for you. Practice these techniques until they become habits you turn to when you feel stress. Stress-relief techniques focus on relaxing your mind and your body.

**Ways to relax your mind**

* **Write.** It may help to write about things that are bothering you. Write for 10 to 15 minutes a day about stressful events and how they made you feel. Or think about tracking your stress. This helps you find out what is causing your stress and how much stress you feel. After you know, you can find better ways to cope.
* **Let your feelings out.** Talk, laugh, cry, and express anger when you need to. Talking with friends, family, a counselor, or a member of the clergy about your feelings is a healthy way to relieve stress.
* **Do something you enjoy.** You may feel that you're too busy to do these things. But making time to do something you enjoy can help you relax. It might also help you get more done in other areas of your life. Try:
	+ A hobby, such as gardening.
	+ A creative activity, such as writing, crafts, or art.
	+ Playing with and caring for pets.
	+ Volunteer work.
* **Focus on the present.** Meditation and guided imagery are two ways to focus and relax your mind.
	+ **Meditate.** When you meditate, you focus your attention on things that are happening right now. Paying attention to your breathing is one way to focus. Mindfulness-based stress reduction is one form of meditation that is very helpful with managing stress and learning how to better cope with it.Adapted from Strategic Plan for Students A Roadmap to Success By [Grace Fleming](http://homeworktips.about.com/bio/Grace-Fleming-17634.htm)UCDavis Student Affairs <http://shcs.ucdavis.edu/wellness/#.U8WH3hYaqfQ>

http://www.webmd.com/balance/stress-management/tc/common-coping-responses-for-stress-topic-overview