

Reward Yourself!

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- Purpose:** It is very important for students to be well motivated in order to complete their own goals.
- Description:** This activity presents opportunities for students to reward themselves so that after completing a step in their overall set plan, they may be motivated towards completion.
- Objective:** Students will realize that breaking down major projects into smaller pieces will help them to complete the entire project. Students who do self-rewards will be able to get through a longer process easier and with better motivation.
- Materials:**
1. "Reward Yourself!" Activity Sheet.
 2. "Reward for Achieving Classroom Goals" Activity Sheet.
- Total Time:** 15 - 20 minutes
- Semester timing:** At the beginning of semester and after every exam.
- Materials:**
1. "Reward Yourself!" Activity Sheet.
 2. "Reward for Achieving Classroom Goals" Activity Sheet.
- Procedure:**
1. Have the student complete the first page of the "Reward Yourself" Hand Out as much as they can (the student will come back to complete the second page after their exam, and so on).
 2. (Class discussion) Create classroom goals and rewards, and write these down on the third page.
 3. On the fourth page, do the same after the exam.
- Assessment:** Have students keep this activity in their binders and remind them to verify the completion of their goals after each exam.

 **Reward Yourself!** 

Name:

When you complete a step in your overall plan, reward yourself. Little rewards along the way can make the overall job seem more attainable and it encourages self-motivation in the future. Rewards do not have to be overly expensive to provide a boost. The goal is important, but the path you take can be where the fun is. As you think about what arena of life you wish to succeed in, remind yourself how capable you are. Please list your goals and things you want to overcome in this math class below. Then write down how you will accomplish each goal and how you will reward yourself. Be sure to create effective goals that are dated, achievable, personal, positive, and specific.

Example:

Things to Overcome	How do I complete my accomplishment?	How do you reward your accomplishment?	Due Date (Date Achieved by)	Did you achieve it? (Y/N)
Procrastination	I will start homework early and turn in the homework on time this semester.	Treat myself to Chocolate Cake.	March 23, 2011 (Date of Exam 2)	(This box will be marked after the due date.)

Now it's your turn to create classroom goals

Things to Overcome	How do I complete my accomplishment?	How do you reward your accomplishment?	Due Date (Date Achieved by)	Did you achieve it? (Y/N)

If you did not achieve the goal above, write down the reason(s) and what you are going to do differently to achieve the goal next time?

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Things to Overcome	How do I complete my accomplishment? (Example)	How do you reward your accomplishment?	Due Date (Date Achieved by)	Did you achieve it? (Y/N)

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Reward for Achieving Classroom Goals!

Class Goals

Let's make some goals for the class. What do you want to achieve as a class? What kind of reward do you want your instructor to give you?

Example:

Joint Classroom Goals	How do I complete my accomplishment?	Due Date (Date Achieved by)	Did you achieve it? (N/Y)
The entire class gets more than 5% increase on the second exam.	Give them a certificate to skip one homework assignment of their choice.	March 23, 2011 (On the day of Exam 2)	(this box will be marked after the due date)

How do you want to contribute to the classroom goal as an individual? →(Example) I will solve mock exam problems three times before the exam.

Now it's your turn to create classroom goals

Joint Classroom Goals	How do your teacher to reward your accomplishment?	Date achieved by	Did you achieve it? (N/Y)

How will you contribute to the classroom goal as an individual?

If you did not achieve the goal above, write down the reason(s) and what you are going to do differently to achieve the goal next time.

Joint Classroom Goals	How do your teacher to reward your accomplishment?	Date achieved by	Did you achieve it? (N/Y)

How will you contribute to the classroom goal as an individual?

If you did not achieve the goal above, write down the reason(s) and what you are going to do differently to achieve the goal next time.

Joint Classroom Goals	How do your teacher to reward your accomplishment?	Date achieved by	Did you achieve it? (N/Y)

How will you contribute to the classroom goal as an individual?

If you did not achieve the goal above, write down the reason(s) and what you are going to do differently to achieve the goal next time.
