



UpgrAde Your GrAdes
with SethPerler.com

Foundations Assessment

Your mission

Determine if your foundation is solid, and if it's not, get it done!

Directions

1. Use the assessment below to rate yourself on your foundations.

(1) Meh: I don't have an *effective* foundation in this area yet.

(2) Ok: I have the basics in place.

(3) YES!: This foundation is *solid*.

2. For anything that you gave a 1 or a 2, write what would make it a 3.
3. Make it a 3 this week!
4. When that' all done, you're ready for phase 2, implementation.

See the chart on the next page...



Foundation	Quality (1, 2, 3)	What actions would make it a solid 3?
<p>Clean Slating: Am I starting with a clean slate? Have I gone through everything with a fine-toothed comb, including my locker or desk at school?</p>		
<p>SSS: Do I have a <i>great</i> SSS? Is it free of distractions? Is it a great place to focus? Do I have a timer? Are all of my supplies handy?</p>		
<p>Folders: Do I have a great system completely set up and organized for managing papers? (Folders, accordion, or 3 ring binders). Is everything labeled, front and back, with my name and the class? Are the papers “minimized”?</p>		
<p>Planner: Do I have a good planner for <i>my</i> brain? Did I get rid of excess pages? Is it frontloaded for the entire school year? Is it labeled with my name, front and back, and contact info inside?</p>		
<p>Backpack: Do I have a simple backpack? Is it cleaned out “reset”? Do I have specific “homes” for things? Is it labeled clearly with my name?</p>		
<p>Notebooks: Do I have all the needed notebooks? Are the notebooks I like for <i>my</i> brain? Are they set up with my name on the front and back and the class?</p>		

<p>Browser: Is my browser optimized for school? Do I have the right bookmarks (teacher, pages, grade program, portal, email, Google Drive, etc?) Do I have my passwords easily accessible?</p>		
<p>Clarity: Have I emailed my teachers proactively to <i>advocate</i>, tell them about my goals and to ask them for clear tips & support in reaching them?</p>		
<p>Executive Function: Do I have an understanding of my brain and executive function?</p>		
<p>Today's Plan: Do I have a stack of daily plans in my SSS? (see the PDF)</p>		
<p>Archive: Do I have a place to store papers I don't need to be carrying around with me? (Includes sentimental papers I think I "might" need.</p>		
<p>Labels: Are <i>all</i> of my supplies clearly labeled with my name in case I lose anything?</p>		
<p>Minimize: Have I minimized and simplified the clutter in my life?</p>		
<p>Mindset: Do I have a good mindset to help me deal with resistance?</p>		