

## Student Behavior Reflection Form

At SHS we encourage members of our school to take personal responsibility for their choices and actions. Completing this form is one way that we intend to encourage our students to take responsibility for making positive changes to their behavior that will be good for themselves and the school community.

**Please do your best to complete the steps below.**

**Step 1: FOCUS BEHAVIOR:** How would I describe what is happening currently? What is one or more of my behaviors that could be better? (and my teacher may have made a suggestion for a focus behavior)

**Step 2: CAUSE of the BEHAVIOR:** In my analysis, what is it that tends to lead me to making the choice to engage in the behavior I described in Step 1 above?

**Step 3: WHAT DO I WANT? MY GOAL:** What are the outcomes that I would like in my classes, and what kinds of choices and actions would help me reach my goals?

**Step 4: WHAT IS MY PLAN of ACTION?** What do I need to do to accomplish my goals? How can others help me? What do I need to stop doing and what do I need to try to do move of?

(optional) **WHAT IS MY CHOSEN CONSEQUENCE?** What will I agree to give up, repair or give back, if I fail to live up to my commitment?