

Be All You Can Be Use the 5 A's

Do you want to be all that you can be? In other words, do you want to **reach your full potential**? We at Jenks High School sure hope that you do because that is what we want for you!

When you constructed your mission statement, you **established a destination** for your life's purpose. Now, in order to **journey toward that destination**, you have to look for steps that will **improve your already great life**. These steps can be achieved by **setting a target** or goal. Of course, you probably know this, but when you set a goal, you have something to aim at...**something that propels you forward and makes you better**—even if you miss the target sometimes!

A simple way to set a goal for yourself is to use the 5 A's that make students **successful**, not just here at JHS, but **in life**. For those of you unfamiliar with the 5 A's, here they are: **Academics, Activities, Arts, Athletics, and Attitude**.

Now, if one or more of these A's make you nervous, don't worry about it! Your participation in each of these 5 A's will be unique to you because **you are a unique individual**...each of us have different **talents, gifts, and abilities**. For instance, when considering the **Arts**, one person might be able to paint a beautiful painting, while another person may be doing well just to understand what they are seeing when they look at a painting! Bottom line—each of us have different abilities within each of the 5 A's, and **the challenge** is to **grow from where you are**.

Your goals can be **totally confidential or shared** with others...it's up to you! Of course, whenever possible, we encourage you to share your goals with others for two reasons:

1. Your goal may **inspire others**.
2. Others can readily **celebrate with you** when you **achieve your goal**.

Through the next few pages, you will set a goal in at least two of the 5 A's. You will have an opportunity to refer back to these goals throughout the year to assess your progress.

Now it is time **to grow** from where you are, to set yourself up for **success**, and lay the foundation for a very **enjoyable and rewarding** year. When your teacher instructs you to do so, please turn the page and be prepared to spend a few quality minutes that may **impact your life greatly**...

Academics

Explanation: Academics can obviously include the courses you take and the grades you make. However, it can include academic learning outside of school that you may obtain through reading or other media as well. It can also include tests you take such as the ACT, SAT, EOI, etc. The key here is to create a goal that stretches you to a higher level of achievement in Academics.

You need to be honest with yourself. For instance, if a student is setting a certain grade attainment as the goal, making 2 A's may be a good goal for one student whereas another student may need to strive for 4 A's (or more). Use the **SMART** acronym when evaluating how good of a goal you set (ask your teacher to remind you what **SMART** stands for if needed).

Academics Goal

My goal for this school year in Academics is to _____

Goal Progress – Seriously reflect on your goal and rate your progress toward your goal (1 = no progress, 10 = goal achieved). Make a note if you feel you need to change either your goal or how you are trying to achieve your goal. You may not need to make any changes.

Month	Rating Scale (circle)	Adjust Goal or Strategy toward Goal (If Necessary)
September	1 2 3 4 5 6 7 8 9 10	
October	1 2 3 4 5 6 7 8 9 10	
November	1 2 3 4 5 6 7 8 9 10	
December	1 2 3 4 5 6 7 8 9 10	
January	1 2 3 4 5 6 7 8 9 10	
February	1 2 3 4 5 6 7 8 9 10	
March	1 2 3 4 5 6 7 8 9 10	
April	1 2 3 4 5 6 7 8 9 10	
May	1 2 3 4 5 6 7 8 9 10	

Activities

Explanation: Activities can include club membership, community service, and many other things. The key here is to create a goal that either gets you involved in more Activities or gets you to accomplish more in the Activity in which you already may participate.

Participating in Activities demonstrates the pride that you take in contributing to the success of other individuals, your school, and your community in addition to yourself. Besides, it looks good on your resume, and colleges and employers dig it. Remember to use the **SMART** acronym when evaluating how good of a goal you set (ask your teacher to remind you what **SMART** stands for if needed).

Activities Goal

My goal for this school year in Activities is to _____

Goal Progress – Seriously reflect on your goal and rate your progress toward your goal (1 = no progress, 10 = goal achieved). Make a note if you feel you need to change either your goal or how you are trying to achieve your goal. You may not need to make any changes.

Month	Rating Scale (circle)	Adjust Goal or Strategy toward Goal (If Necessary)
September	1 2 3 4 5 6 7 8 9 10	
October	1 2 3 4 5 6 7 8 9 10	
November	1 2 3 4 5 6 7 8 9 10	
December	1 2 3 4 5 6 7 8 9 10	
January	1 2 3 4 5 6 7 8 9 10	
February	1 2 3 4 5 6 7 8 9 10	
March	1 2 3 4 5 6 7 8 9 10	
April	1 2 3 4 5 6 7 8 9 10	
May	1 2 3 4 5 6 7 8 9 10	

Arts

Explanation: Arts can be active participation in the Arts (drawing, painting, band, choir, drama, etc.) or attending and appreciating various Arts performances and/or displays. The key here is to create a goal that either gets you to participate in the Arts or that gets you to appreciate or support the work of those individuals who are gifted or talented in the Arts.

For instance, you may want to participate in or attend one of the Arts offered here at the school, or you may want to participate outside of school by taking private guitar lessons or attending performances at venues throughout Tulsa. Another example—if you have never attended a drama performance, a good goal for you may be to attend two drama performances each semester. Remember to use the **SMART** acronym when evaluating how good of a goal you set (ask your teacher to remind you what **SMART** stands for if needed).

Arts Goal

My goal for this school year in Arts is to _____

Goal Progress – Seriously reflect on your goal and rate your progress toward your goal (1 = no progress, 10 = goal achieved). Make a note if you feel you need to change either your goal or how you are trying to achieve your goal. You may not need to make any changes.

Month	Rating Scale (circle)	Adjust Goal or Strategy toward Goal (If Necessary)
September	1 2 3 4 5 6 7 8 9 10	
October	1 2 3 4 5 6 7 8 9 10	
November	1 2 3 4 5 6 7 8 9 10	
December	1 2 3 4 5 6 7 8 9 10	
January	1 2 3 4 5 6 7 8 9 10	
February	1 2 3 4 5 6 7 8 9 10	
March	1 2 3 4 5 6 7 8 9 10	
April	1 2 3 4 5 6 7 8 9 10	
May	1 2 3 4 5 6 7 8 9 10	

Athletics

Explanation: Athletics can be active participation in various sports, attendance at sporting events, or personal exercise that improves your overall health. A few examples:

- A softball player wants to improve her batting average to .300.
- A student decides to try-out for a sport.
- A student wants to attend "X" amount of sporting events each semester.
- A student wants to exercise three times a week.

Remember to use the **SMART** acronym when evaluating how good of a goal you set (ask your teacher to remind you what **SMART** stands for if needed).

Athletics Goal

My goal for this school year in Athletics is to _____

Goal Progress – Seriously reflect on your goal and rate your progress toward your goal (1 = no progress, 10 = goal achieved). Make a note if you feel you need to change either your goal or how you are trying to achieve your goal. You may not need to make any changes.

Month	Rating Scale (circle)	Adjust Goal or Strategy toward Goal (If Necessary)
September	1 2 3 4 5 6 7 8 9 10	
October	1 2 3 4 5 6 7 8 9 10	
November	1 2 3 4 5 6 7 8 9 10	
December	1 2 3 4 5 6 7 8 9 10	
January	1 2 3 4 5 6 7 8 9 10	
February	1 2 3 4 5 6 7 8 9 10	
March	1 2 3 4 5 6 7 8 9 10	
April	1 2 3 4 5 6 7 8 9 10	
May	1 2 3 4 5 6 7 8 9 10	

Attitude

Explanation: Attitude is your feeling toward a person, thing, or circumstance. Obviously, our goal is to have a positive Attitude in all areas of our lives. This can be tricky in certain situations, and this trickiness is why it is so important to focus on our Attitude at all times.

Your Attitude directly affects how other people perceive you. Your Attitude either positively contributes to a situation, or your Attitude detracts from a situation. Your Attitude is ultimately a matter of choice. Regardless of how others behave or what happens to you, you always have a choice in your Attitude.

Remember to use the **SMART** acronym when evaluating how good of a goal you set (ask your teacher to remind you what **SMART** stands for if needed).

Attitude Goal

My goal for this school year in Attitude is to _____

Goal Progress – Seriously reflect on your goal and rate your progress toward your goal (1 = no progress, 10 = goal achieved). Make a note if you feel you need to change either your goal or how you are trying to achieve your goal. You may not need to make any changes.

Month	Rating Scale (circle)	Adjust Goal or Strategy toward Goal (If Necessary)
September	1 2 3 4 5 6 7 8 9 10	
October	1 2 3 4 5 6 7 8 9 10	
November	1 2 3 4 5 6 7 8 9 10	
December	1 2 3 4 5 6 7 8 9 10	
January	1 2 3 4 5 6 7 8 9 10	
February	1 2 3 4 5 6 7 8 9 10	
March	1 2 3 4 5 6 7 8 9 10	
April	1 2 3 4 5 6 7 8 9 10	
May	1 2 3 4 5 6 7 8 9 10	

Personal Qualities

Accepting	Dependable	Humble	Persevering	Spellbinding
Active	Dependent	Humorous	Persistent	Stable
Adaptable	Determined	Independent	Pleasant	Strong
Adventurous	Discreet	Industrious	Powerful	Studious
Agile	Eager	Intellectual	Quiet	Stylish
Alert	Easy-going	Kind	Radical	Sympathetic
Assertive	Educated	Liberal	Refined	Tactful
Athletic	Elegant	Lively	Reliable	Talented
Balanced	Enthusiastic	Loving	Religious	Thankful
Brilliant	Exuberant	Loyal	Reserved	Thoughtful
Calm	Fair	Merry	Resourceful	Tidy
Careful	Faithful	Meticulous	Respectful	Timid
Cautious	Famous	Modest	Romantic	Tolerant
Charming	Flexible	Moral	Selfless	Trustworthy
Cheerful	Forgiving	Musical	Self-reliant	Unique
Clever	Friendly	Neat	Sensible	Upbeat
Committed	Funny	Open-minded	Sensitive	Well-balanced
Competitive	Genuine	Optimistic	Sentimental	Well-behaved
Conscientious	Gifted	Orderly	Serious	Wise
Considerate	Giving	Organized	Shy	Witty
Cooperative	Happy	Outgoing	Silly	Young
Courageous	Healthy	Outspoken	Sincere	Zany
Creative	Helpful	Passionate	Sociable	
Daring	Honest	Peaceful	Soft-spoken	
Decent	Hospitable	Pensive	Sophisticated	

Talents

Accepting others	Humorous	Sharing
Artistic	Listening	Singing
Athletic	Making things happen	Speaking
Building things	Mechanical	Thinking ahead
Cooking	Memorizing things	Trivia
Creative thinking	Music	Working well with kids
Dancing	Predicting	Working well with people
Decision-making	Sensing needs	Writing