**Change Plan Worksheet for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (student name)**

*I want to change my approach to my Math class this semester in order to boost my grade and pass the class.*

My IMPORTANCE (0-10) of making this change in my life now:

My CONFIDENCE (0-10) that I can make this change now:

The most important reasons I want to make this change are:

The steps I plan to take in order to make this change are:

*Specific Action When (e.g., what time will you go to the Alcove?)*

The ways other people can help me make this change are:

*Person Possible Ways to Help*

Some things that could interfere with my change plan are:

*Possible obstacle to change How to respond/deal*

I will know that my change plan is working when I see these results: