



Student-Centered Problem-Solving Meeting: Recording Form

Meeting Information		
Student:	Meeting Participants:	Meeting Date:

Identify Your Target for Change. Select the target problem that you want to be the focus of this change plan. (When possible, use data to describe the problem more clearly. Here are examples: "I have not turned in 30% of my homework assignments; I have missed 10 of 24 possible class sessions"; "I have a class grade average of 50").

Target: Write a description of your target problem:

Establish Your Change Goal. Come up with your change goal to resolve the target problem. State the change goal in clear, specific terms to allow an observer to verify whether it has been accomplished ('yes') or not accomplished ('no'): Here is an example: "I will miss no more than one class session in the next 5 weeks of school."

Goal: Write in the goal that you plan to work toward:

Visualize Your Change Goal. Imagine that you have accomplished your change goal. Write down what improvements or benefits would result:

Visualize: Write down benefits you can imagine experiencing if you meet your goal:



Develop Your Action Plan.. Imagine likely obstacles that might interfere with your success in reaching your goal
Then plan for how to overcome each obstacle:

Action Plan: In the left column, write down obstacles that you think might prevent you from achieving your change-goal. In the right column, write down solutions for overcoming each obstacle:

Obstacles	Solutions