

My Sophomore Success Plan

SQUAD 10 Unit 1 Capstone

Purpose: Turn what you learned from your Academic Check-In and Credits Review into a short plan you can actually use over the next four weeks.

What to do

- Review your Academic Check-In and Credits and Graduation Progress Review.
- Choose one academic priority that would make the biggest difference right now.
- Create two small, repeatable actions instead of one vague promise.
- Plan for one likely obstacle and identify one person who can support you.
- Decide how you will check whether the plan is working, then upload your completed document to Canvas.

Make the goal specific

Too broad	Specific and actionable
“Get better grades.”	“For the next four weeks, I will reduce my missing assignments in English from six to two by checking Canvas on school nights and using SQUAD time for the highest-priority assignment.”
“Try harder in math.”	“I will complete the first five problems of each math assignment before leaving class and ask one question whenever I cannot continue.”

Part 1 My academic priority

What is the one academic priority that matters most right now?

Why would progress in this area make school more manageable or successful?

Part 2 My four week goal

Write one specific goal. Include what will improve, what you will do, and how you will know you made progress.

Part 3 The actions I will repeat

Choose actions small enough to repeat. “Study more” is not an action plan; “review notes for 10 minutes after dinner on Tuesdays and Thursdays” is.

Action I will take	When or how often	Where or reminder I will use

Part 4 Plan for an obstacle

Likely obstacle	What I will do if it happens
Example: I forget to check Canvas after practice.	Set a 7:30 PM phone reminder and check before starting a game or show.

Part 5 Ask for support

Who can support this plan, and what specific help will I ask for?

Part 6 Check my progress

What I will check	How I will check it	What progress will look like
Example: Missing English assignments	Canvas missing-work list every Friday	Six missing assignments becomes two or fewer

My first action: What will I do within the next 24 hours to begin this plan?

Final check

- My goal is specific and focused on one priority.
- My two actions say exactly what I will do and when.
- I planned for an obstacle instead of pretending nothing will go wrong.
- I named a support person and a clear request.
- I explained how I will measure progress.

Submit through Canvas: Rename your file “LastName FirstName Sophomore Success Plan” and upload the completed document to the matching Canvas assignment.