Kiwanis
BRING UP GRADES
NAME:
**Bring Up Grades (BUG)** helps you improve your grades — or keep up the good grades you have from one grading period to the next.

**How to Write Goals**

Ask these questions when writing your goals...

**Is the goal big enough?**
Write out some actions you can take to achieve the goal. If you cannot think of any actions, the goal may not be big enough or the right goal for you at this time.

**Can you really accomplish your goal?**
Example: You might want to run a bank someday, but focus on passing math for this semester, so you can take a more advanced class next semester.

**Can you achieve it in a short amount of time?**
Example: By the end of the grading period I will improve my grade by making more time to study and turning in my math homework on time.

**You Can Bring Up Your Grades**

Bring Up Grades (BUG) helps you improve your grades — or keep up the good grades you have from one grading period to the next.

BUG works because you decide what subject to work on. Maybe math is driving you crazy. Or maybe you want to get better at writing for your English or history class. Work with your teacher and a "goal buddy" to figure out the best goal for yourself and what steps to take each week.

**MY GOALS**

**Writing your goals down helps you keep track of how you are doing and what actions work best.**

**My Goal**

**Action**

**Did the action work?**

**Yes**  **No**

Download more worksheets at bringupgrades.org
Make a list. Write the things you need to get done. Then cross them off as you finish them.

Move before you sit. Your brain likes it when you move your body. Before you sit down to study, take a short walk, ride your bike or do something else that's active.

Turn off electronics. Outside distractions can make it hard to focus.

Take breaks. Get up and stretch or do a few jumping jacks. Walk around your house. Grab a glass of water. Do anything that helps you recharge.