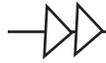


Set Goals.



SEAD your learning...

Social

Emotional

Academic

Development



Learning Goal

barriers

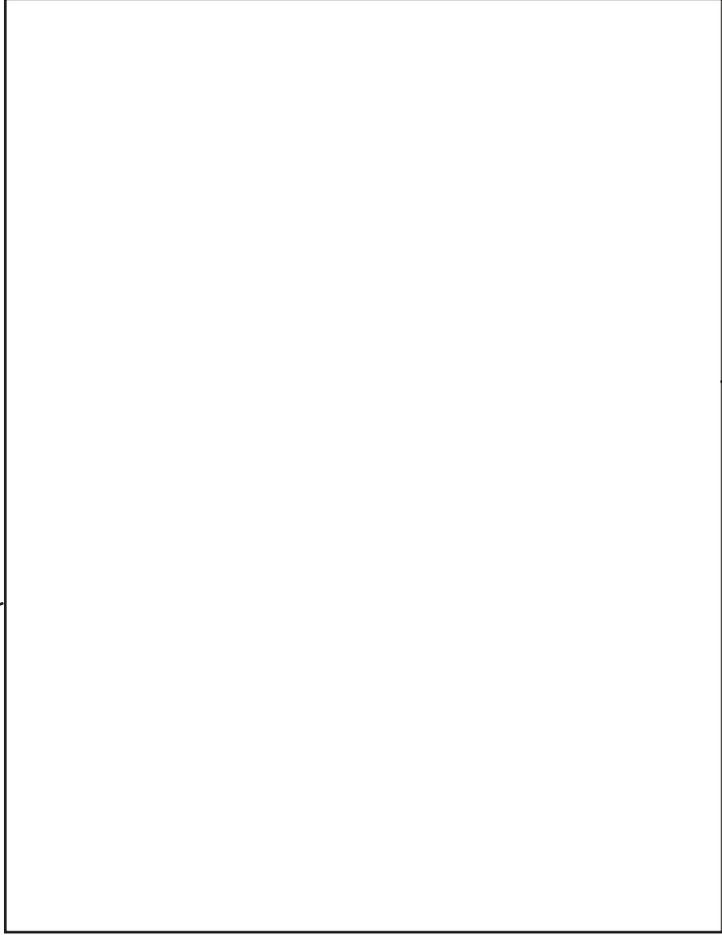
barriers

barriers

barriers

barriers

barriers



Supports

Step:
Identify
Academic
supports and
barriers to
learning goals

Step:
Identify
Social
supports and
barriers to
learning goals

Step:
Identify
Emotional
supports and
barriers to
learning goals

Know your learning.

Own your learning.



Set Goals.



SEAD your learning...

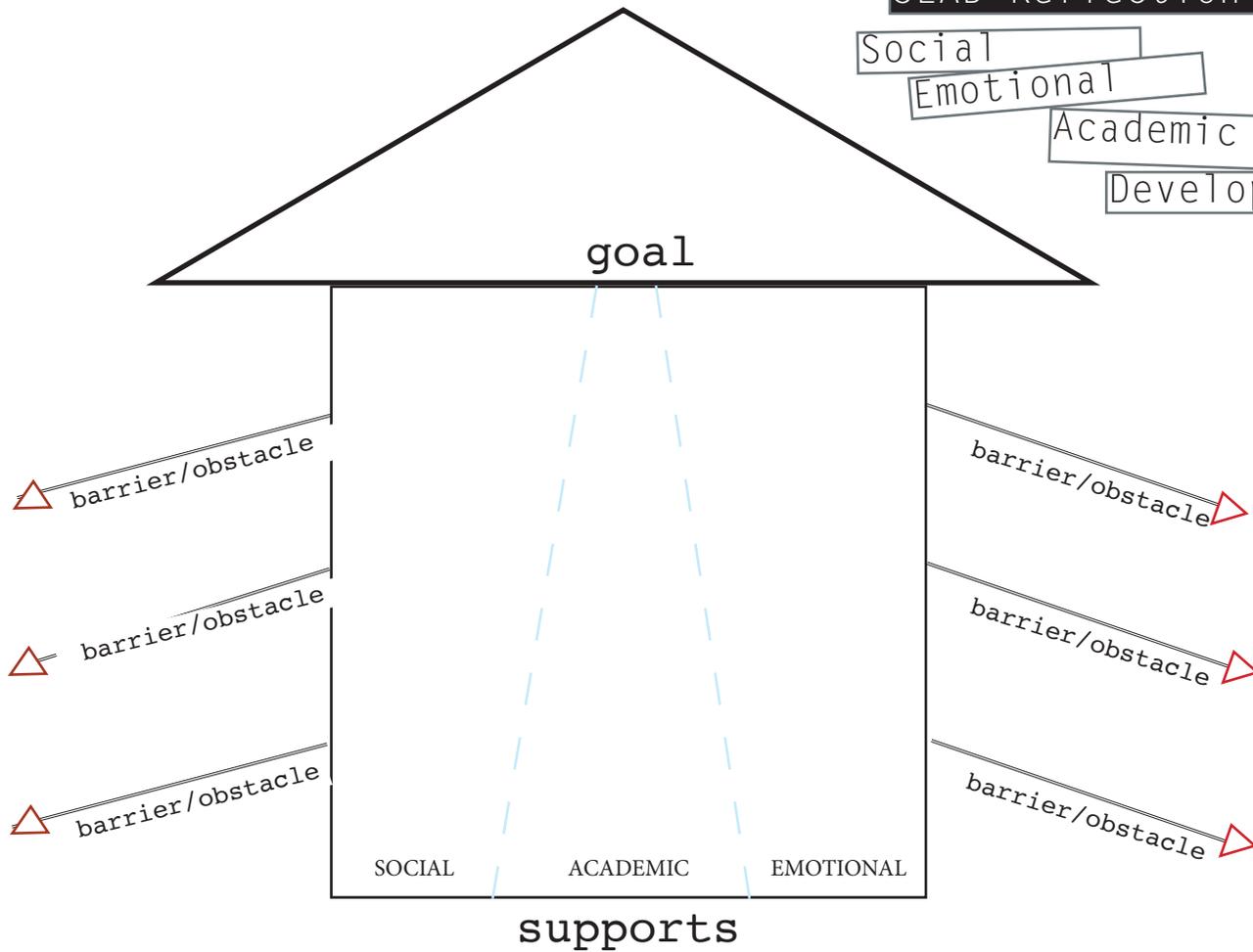
SEAD Reflection ?'s

Social

Emotional

Academic

Development



SOCIAL SUPPORTS (+)	ACADEMIC SUPPORTS (+)	EMOTIONAL SUPPORTS (-)
What relationships will support meeting my goal?	What are connections can I make to current knowledge or experience?	What emotions support me meeting my goal?
What social activities will support meeting my goal?	What resources can support my learning?	What activities support emotional regulation in meeting my goal?
What people/persons will support meeting my goal?	What activities support my learning?	What supports initiating tasks and maintaining challenge?
SOCIAL BARRIERS (-)	ACADEMIC BARRIERS (-)	EMOTIONAL BARRIERS (-)
What relationships are barriers/obstacles to my goal?	What content is challenging? What do I not understand?	What emotions create challenges?
What social activities are barriers/obstacles to my goal?	What are my barriers/obstacles to how information is presented?	What conditions lead to my loss of self-control?
What social distractions will keep me from meeting my goal?	What learning activities do not support my learning goals?	What emotions do I have trouble regulating?

Know your learning.

Own your learning.

