

INDIVIDUAL ENGAGEMENT ACTION PLAN & SELF-CONTRACT**Student Name:** _____**Student ID:** _____

We all start the semester with goals we want to achieve. Most students usually have an idea of the grade they want to earn. But ... Life gets busy. University gets busy. Course work piles up if you aren't staying on track. Goals are most easily achieved when you plan ahead and develop a specific, feasible action plan at the outset. To help you do this, please complete the following form. Really think about this. University is very much self-directed. You are responsible for staying on top of courses, for completing assignments and submitting them by the deadlines, for setting yourself a study and assignment schedule and then sticking to it.

*"There are individual differences in how people best manage their time and exert self-control. Many people believe they simply lack willpower or do not have the ability to manage themselves or their time well (Watson & Tharp, 2014). Developing effective self-management skills takes effort, and there may be times when people fall back into old, ineffective habits. A much better approach is to adopt the attitude of B.F. Skinner, one of the great minds of behavioural psychology and a master at behavioural self-control. **Skinner considered self-management to be "a game that he played, a puzzle to be solved, and he enjoyed the process as much as the results"** (Epstein, 1997)." (Powell and Schmaltz, 2022)*

Write a feasible action plan that will help you meet the criteria for your Engagement mark and earn the overall course grade you want. BE SPECIFIC. What are you going to? When? How often? Where? How? Plan for the unexpected - IF that happens, what will you do to stay on track? BE DETAILED. Below are some suggestions to start with.

I will read the chapter on these days at this time:

I will review my lecture notes after each class at this time:

If I miss reading at my scheduled time, I will make it up at this date and time:

I will work with on the PsychoBuddy Study Guide on these days at this time:

I will test myself and have extra study time for exams on these days at these times:

I will start on and work on the writing assignments on these dates at these times: