

Confidence, Goal, Skill & Emotional Tracker for Grades 8–12

Section 1: Weekly Academic Goals

Encourages students to set specific, achievable goals and reflect on their progress.

Week	Subject	My Goal (e.g., Complete Chapter 3)	Steps to Achieve	Achieved? (Yes/No)	Notes
1					
2					
3					
4					

Section 2: Confidence Self-Assessment

Helps students self-assess and track their confidence growth over time.

Rate your confidence in the following areas on a scale of 1 (Low) to 5 (High):

Area	Week 1	Week 2	Week 3	Week 4	Notes
Speaking in class Participating in classroom discussions					
Seeking clarifications when I have doubts					
Preparing for assessments					
Asking questions					
Completing homework on time					

Understanding new topics					
Preparing for exams					

Section 3: Skill Development Tracker

Encourages holistic development beyond academics.

Track your progress in developing essential skills

Skill	Week 1	Week 2	Week 3	Week 4
Communication				
Teamwork				
Time Management				
Problem-Solving				
Leadership				

Encourages holistic development beyond academics.

Section 4: Emotional Well-being Check

Promotes emotional awareness and healthy coping mechanisms.

Reflect on your emotional state each week

Week	Mood (Happy, Sad, Angry, etc.)	Reason for Mood	Coping Strategy Used
1			
2			
3			
4			

Positive Emotions:

Happy, Excited, Proud, Confident, Motivated, Calm, Joyful

Negative Emotions:

Nervous, Sad, Frustrated, Embarrassed, Angry, Confused, Discouraged

Section 5: Monthly Reflection

Promotes self-awareness and continuous improvement.

At the end of the month, reflect on your progress

- **What did I do well this month? Mention your thoughts as well.**

(Think of specific actions or habits. Give numbers or examples where possible.)

Example: I read one full chapter book / 3 newspaper articles this month. I helped my classmate with a project or group work.

- **What challenges did I face? Mention the reasons also.**

(Be honest. What made it hard to learn or focus?)

Example: I missed 3 homework deadlines because I didn't manage time well. I got distracted by my phone or TV during study time for at least 4–5 days. I didn't understand some science/maths topics and felt too shy to ask.

- **How did I overcome them? Write down other methods you can use next time.**

(Write the actions you took. Did they help? How much?)

Example: I made a weekly timetable and followed it for 3 out of 4 weeks. I asked a friend for help or watched 2 YouTube videos to understand better. I kept my phone in another room while studying for at least 10 days.

- **What will I focus on next month? Mention your top goal.**

(Be specific and realistic. Choose 1–2 goals. Add a number or timeline.)

Example: I will revise science for 15 minutes every evening for 20 days. I will speak at least once in every English class. I will reduce distractions to under 30 minutes daily.

Usage Tips

- **For Students:** Fill out each section weekly to monitor your growth and areas needing attention.
- **For Teachers:** Review trackers monthly to provide personalized support and encouragement.

- **For Parents:** Engage with your child's tracker to stay informed and involved in their academic and emotional journey.