**Assignment Title: Creating My Weekly Success Plan**

**Course:** IPSE 102 – Life and Learning Skills  
**Objective:** Students will build a personalized weekly plan that supports their academic, personal, and social goals.  
**Skills Focus:** Time management, self-advocacy, communication, and independent living.

**Instructions**

**Part 1: My Weekly Goals**

Write or type out three personal goals for this week. These can be academic (like turning in an assignment), social (like joining a campus event), or personal (like making your own lunch).

Use this format:

1. Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   Why is this goal important to me? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Part 2: My Weekly Schedule**

Use the table provided (or draw your own) to create a schedule for the week. Include your:

* Classes
* Study times
* Meals
* Exercise or activities
* Breaks
* Chores or responsibilities

You can write the schedule or use pictures/icons to represent activities.

**Part 3: Asking for Help**

List three people you can go to if you need help this week.  
Next to each name, write what you might need help with.

Example:

* Name: Ms. Johnson – Help with math homework
* Name: My roommate – Reminders to do laundry
* Name: Coach Ray – Support staying active

**Part 4: Check-In Plan**

Choose **one** way you will check in with your instructor or mentor by the end of the week:

* Email
* In-person meeting
* Text or message
* Phone call

Write how and when you plan to check in:  
Example: "I will email Ms. Carter on Friday to talk about my week."

**Submission Options**

Choose how you’d like to submit this assignment:

* Fill out the worksheet and turn it in
* Create a slideshow and present it
* Record a short video explaining your plan
* Meet with the instructor and talk through your plan

**Grading Criteria (Flexible Rubric)**

* Goals are clearly stated and personal
* Weekly schedule shows thought and effort
* Support network is identified
* Check-in plan is realistic
* Student shows engagement and self-awareness