



Quizlet
Teacher
Ambassador



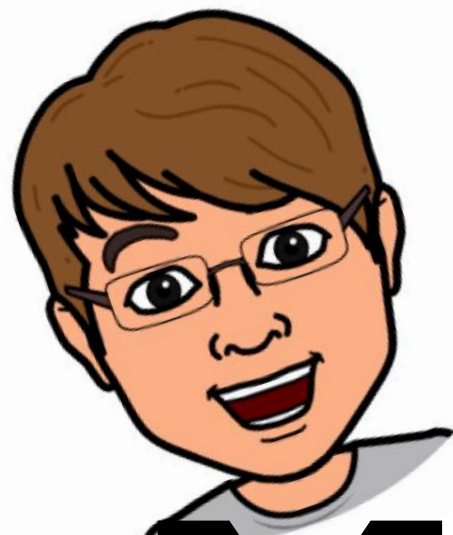
Innovative Educator Expert



bett asia 2017 Award Winner



Mr. Mitchel Africa



Inspire. **M**otivate. **E**ducate.

MITCHELLIUM

IgnitED:

#GPAR



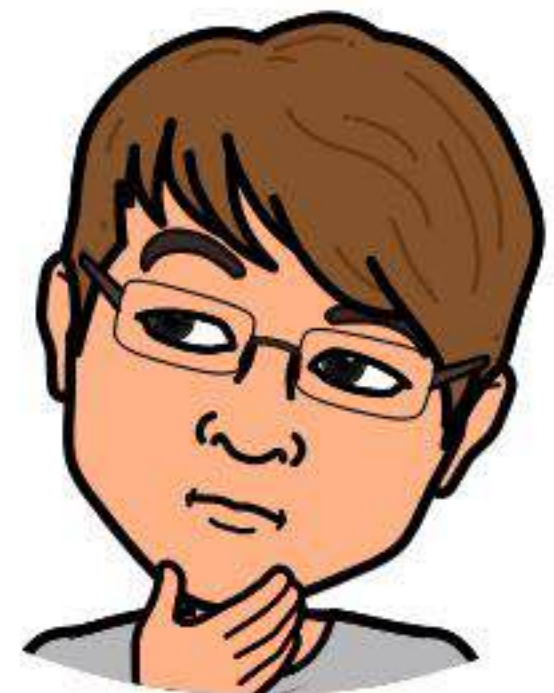
HELLO!



What are your **GOALS** for this year?

Academics

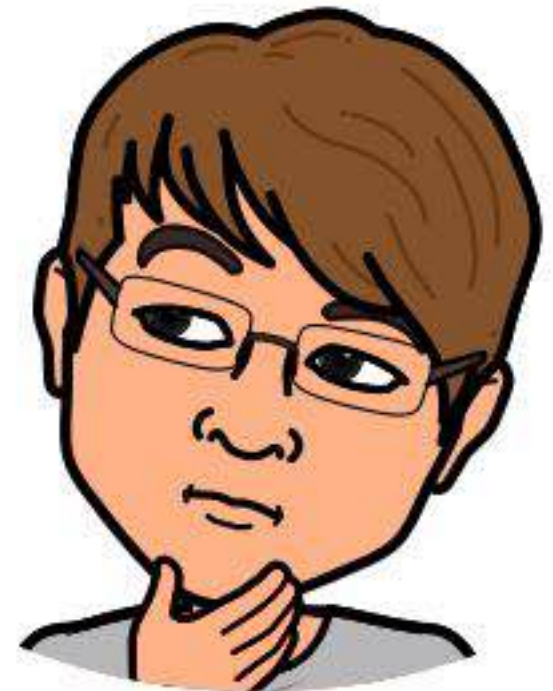
- to get 7 in Science
- to finish my Personal Project on time
- to be a TOP student



What are your **GOALS** for this year?

Personal

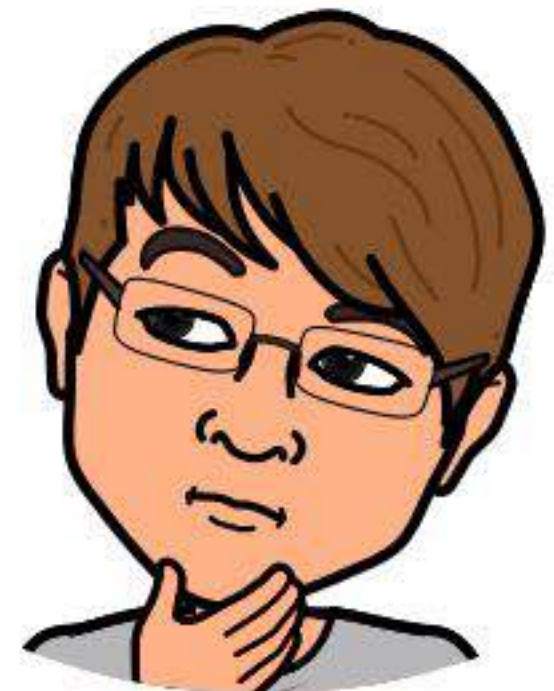
- to be more confident in speaking English
- to stop procrastinating
- to listen actively



What are your **GOALS** for this year?

Social

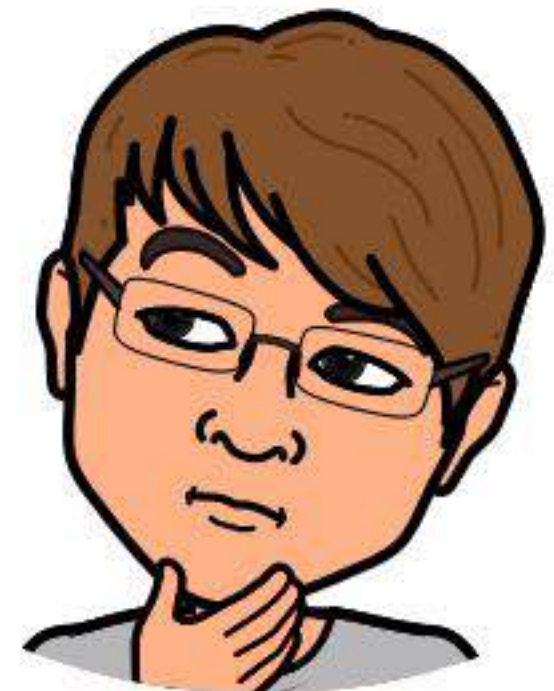
- to be get along better with others
- to have more friends
- to be active in social media



What are your **GOALS** for this year?

Physical

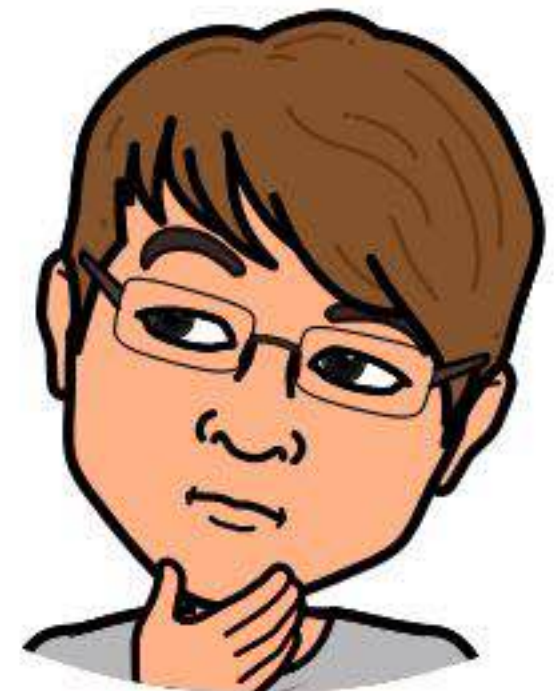
- to eat healthy food
- to exercise regularly
- to be active in social media



How do you **PLAN** to reach your goals?

- I will...
- I should...

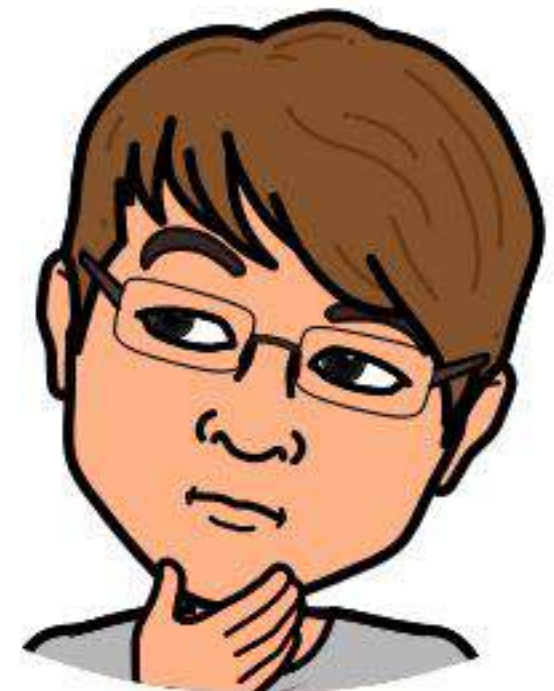
Ex: I will sleep every 9pm at night.



Are the **ACTIONS** taken?

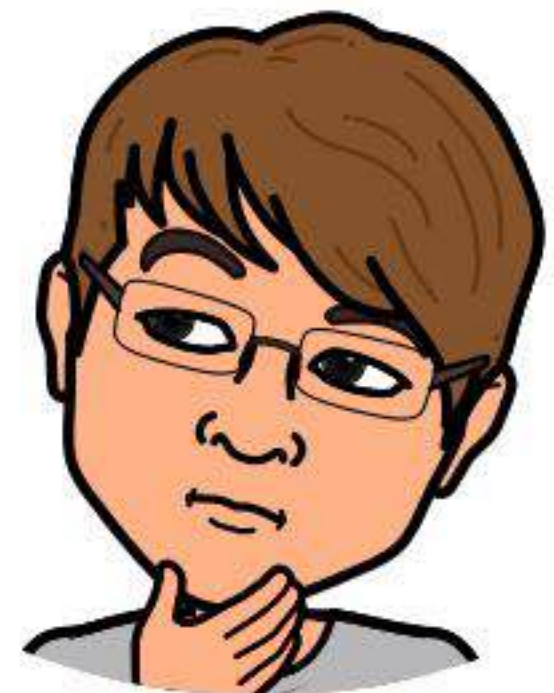
- Draw a check box and tick when done.

Ex: I will sleep every 9pm at night. ☐



REFLECT on your goals at the end of the year.

- At the end of the year, go back to your G-P-A-R and see how far have you achieved throughout the year. What are the things that you reached and what are some changes that you created in your plans?



**Let's get
started**



NAME

2019

Goals

Plans

Action

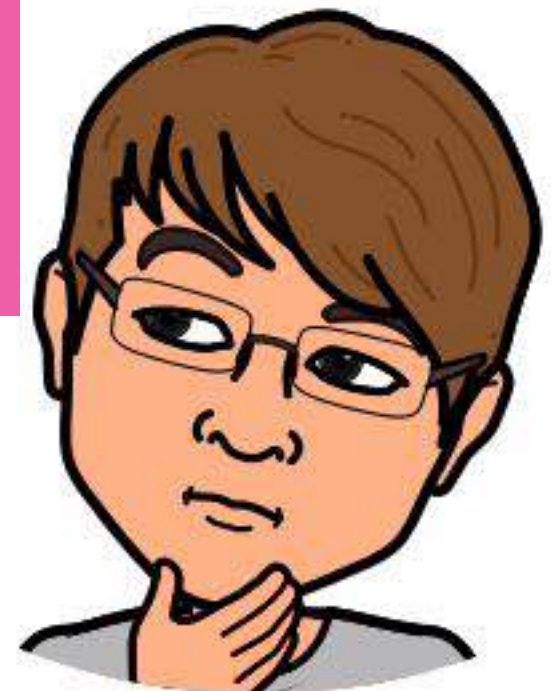
Reflection



What to do next?

Post your G-P-A-R at home.
You could post on your wall in
the bedroom or your study
area.

Make sure that it is visible to
remind you everyday.



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