GUIDELINES FOR LEARNING CONTRACT

The purpose of the learning contract is to help you formulate specific study skills and/or behavioral objectives, to assist you in planning ways to accomplish these objectives ("action plan"), and to aid in evaluating your degree of success in accomplishing that which you set out to do. In short, to help you figure out: "What do I want to do?" "How am I going to do it?" "How well have I done?"

Proposed Objective(s):

Consider the following kinds of questions when stating your objectives:

______ What is it I want to do? Increase proficiency in some skill? Stop some behavior? Start some behavior?

______ How much commitment do I have to make the changes necessary to accomplish my objective?

______ What benefits will I receive if I make the change?

Action Plan:

Consider the following kinds of questions when describing your action plan:

______ What will I need to do to accomplish my objective?

______ When will I do it?

______ How often will I do it?

______ What materials or facilities will I use?

______ Which persons, places or things will help me accomplish my objective? Which will harm my effort?

Evaluation:

Consider the following kinds of questions when setting your evaluation standards:

______ What observable changes in behavior must occur if I am to consider my objectives achieved? How frequently? Under what conditions?

______ What observable changes in performance must occur if I am to consider my objectives achieved?