Maintenance Worksheet

The purpose of this worksheet is to maintain the progress you have completed so far. This will be done in 4 steps.

* The 1st step is to write out all the classes you took this semester and what grade you have currently in each class. Write out also one thing you accomplished or proud of for each class. For example, you could say *“I am proud on my first math test I got an 88% which was 20% higher than what I got last semester.”* Please complete this below.

**Classes/Grades**

**Accomplishments**

* The next step is to write out specifically what you did in each of these classes to achieve that success. Be as specific as possible! For instance, you may write “*Math- I completed 100% of the homework and went to office hours whenever I didn’t understand a problem.”*

**How did you achieve this success?**

1.

2.

3.

4.

5.

* The third step is to identify any red flags that would indicate you are slipping into bad habits again.

Red Flags

* The last step is to write down action specific items if you do fall into these bad habits on how to get out of them. *(Hint: It’s always helpful to schedule another ACE Session!)*

**Backup Plan To-Do List**

1.

2.

3.