First Week Foundations: Bulldog Blueprint Worksheet

Name: _____ Parent/Guardian: _____

Directions: Complete the activities with your parent/guardian or partner during the session.

1. Fast Forward Four Years

Imagine it is graduation day in four years.

What would make your high school experience a success?

Response:

_____

_____

2. Goal Setting

Academic Goal:

_____

_____

_____

Involvement Goal:

_____

_____

_____

Personal Goal:

_____

_____

_____

Parent Hope for High School Experience:

_____

_____

_____

_____

3. Build Your Success System

Circle or list ONE routine you will commit to during the first week:

☐ Check grades weekly

☐ Daily/weekly reflection on progress

☐ Prepare materials the night before

☐ Keep a planner/calendar

☐ Establish a sleep routine

☐ Other: _____

Why did you choose this system?

_____

_____

_____

_____

4. Connection Chart

1 Club, Sport, or Activity to Explore	
Reason:	
1 Trusted Adult on Campus	
Reason:	
1 Strategy for Meeting New People	
Reason:	

5. Team Bulldog Commitment

Student:

I will take ownership of my success by..

_____

_____

_____

Parent:

I will support my student by...

_____

_____

_____