

Handout E: Individual Goal Bank

- In this seminar, I will speak ____ times. (Note: sometimes less is more)
- In this seminar, I will [adhere to X norm]
- In this seminar, I will ask ____ questions.
- In this seminar, I will reference the text each time I speak.
- In this seminar, I will reference other students by name and connect my thoughts to theirs.
- In this seminar, I will make eye contact and speak clearly.
- In this seminar, I will not interrupt and only speak ____ times to keep the conversation balanced and allow others to express their points. (If you're a talker, this one is for you!)