

PART ONE – Assessments & Self-Discovery (50 Points)

Category	Points	Exemplary (A)	Proficient (B)	Developing (C)	Needs Improvement (D/F)
Goal Explanation & Clarity	25	SMART goal clearly explained with strong personal connection and purpose.	Goal clearly explained with some detail.	Goal mentioned but lacks clarity or depth.	Goal unclear or not fully explained.
Reflection & Personal Insight	25	Deep, meaningful reflection on assessments, growth, and motivation.	Solid reflection with some insight.	Basic reflection with limited depth.	Little or no reflection included.
Action Plan & Problem-Solving	25	Clear steps, realistic milestones, obstacles, and solutions explained thoroughly.	Action plan present with some detail.	Plan vague; obstacles or solutions weak.	No clear action plan or problem-solving.
Video Quality & Organization	15	Well-organized, clear audio/visuals, professional presentation.	Mostly clear with minor technical issues.	Noticeable audio/visual or organization problems.	Poor quality; difficult to understand.
Effort, Engagement & Requirements	10	Strong effort, meets time requirement, engaging delivery.	Adequate effort and meets most requirements.	Minimal engagement or slightly short.	Little effort; missing major requirements.

PART TWO – SMART Goal Worksheet (50 Points)

Category	Points	Exemplary (A)	Proficient (B)	Developing (C)	Needs Improvement (D/F)
Assessment Completion & Accuracy	20	All required assessments completed fully with thoughtful responses.	All assessments completed with adequate effort.	Some assessments incomplete or rushed.	Multiple assessments missing or incomplete.
Self-Reflection & Insight	15	Demonstrates strong understanding of results and personal meaning.	Shows general understanding of results.	Limited reflection; weak connections made.	Little or no reflection shown.
Evidence & Documentation	10	Screenshots or proof clearly labeled and easy to verify.	Evidence included but partially labeled or unclear.	Some evidence missing or disorganized.	No valid evidence submitted.
Organization & Submission	5	Submitted on time and exactly as instructed.	Minor issues with formatting or submission.	Late or instructions partially followed.	Incorrect submission or not submitted.

PART THREE – Goal Video & Final Reflection (Combined) (100 Points)

Category	Points	Exemplary (A)	Proficient (B)	Developing (C)	Needs Improvement (D/F)
Depth of Reflection & Goal Insight	30	Deep, meaningful reflection; goal clearly tied to personal growth/action.	Clear reflection; mostly insightful connections.	Some reflection but lacks depth or connection.	Little to no meaningful reflection.
Action Plan & Milestones	25	Actionable steps clearly outlined with realistic milestones & timeline.	Steps outlined but may lack detail or timeline.	Action plan vague; milestones unclear.	No clear action plan or milestones.
Addressing Obstacles & Solutions	20	Anticipates obstacles thoroughly and proposes realistic solutions.	Some obstacles addressed with adequate solutions.	Few obstacles identified or weak solutions.	No obstacles considered or no solutions offered.
Video Quality & Technical Execution	15	Professional presentation; clear audio, visuals, transitions; meets full length.	Good quality; minor tech issues.	Noticeable technical problems or doesn't fully meet length.	Poor execution; unclear audio/video; missing major elements.
Connections to Learning & Personal Planning	10	Video shows strong connection between project and long-term growth/planning.	Good connection but could be stronger.	Weak connection between goal video and personal planning.	No connection or unclear understanding of purpose.