

Set realistic goals

Make positive changes

Listen to feedback

- I can **assess** myself and my peers and spot opportunities and achievements.
- I can **set goals** with success criteria to develop my work. 
- I can **review** progress and act on what I find.
- I can deal positively with praise, criticism and setbacks. 
- I can evaluate how I've worked to improve my future progress. 
- I can tell different people about my learning.