

PERSONAL BEST (PB) RESOURCES

Research References

- Martin, A.J. (2006). Personal bests (PBs): A proposed multidimensional model and empirical analysis. *British Journal of Educational Psychology*, 76, 803-825.
- Martin, A.J., & Liem, G.A. (2010). Academic Personal Bests (PBs), engagement, and achievement: A cross-lagged panel analysis. *Learning and Individual Differences*, 20, 265-270.

Practitioner References (www.lifelongachievement.com to order)

- Martin, A.J. (2010). *Building classroom success: Eliminating academic fear and failure*. London: Continuum.

Parent and Student References (www.lifelongachievement.com to order)

- Martin, A.J. (2003). *How to motivate your child for school and beyond*. Sydney: Random House/Bantam.
- Martin, A.J. (2005). *How to help your child fly through life: The 20 big issues*. Sydney: Random House/Bantam.

ATTACHMENT A: PERSONAL BEST (PB) SCORE SHEET

Name _____ Year _____ Class _____ Date _____

This Term's Mark (circle one)

- 3 Points Around or above previous best
- 2 Points Slightly below previous best
- 1 Point Well below previous best but put in reasonable effort to get this mark
- 0 Points Well below previous best and put in little or no effort to get this mark

This Term's Enthusiasm/Engagement/Attitude (circle one)

- 3 Points Around or above previous best
- 2 Points Slightly below previous best
- 1 Point Well below previous best but put in reasonable effort to get involved
- 0 Points Well below previous best and put in little or no effort to get involved

Skills/Competencies Developed This Term (circle one)

- 3 Points Around or above previous best
- 2 Points Slightly below previous best
- 1 Point Well below previous best but put in reasonable effort to develop skills
- 0 Points Well below previous best and put in little or no effort to develop skills

Golden Point (circle if applicable to this student)

- 1 Point This term this student was committed to personal excellence

TOTAL PB SCORE / 10 (Previous PB Score / 10)

	{	0-3 Points Overall, well below Personal Best – Needs most work	{	This student can get closer to his/her PB by: 1. _____ _____ _____
{	4-6 Points Overall, below Personal Best – Needs some work	2. _____ _____ _____		
{	7-9 Points Overall, around or above Personal Best – Keep up the good work	{	This student can sustain his/her PB by: 1. _____ _____ _____	
{	10 Points Achieved personal excellence – Keep up the excellent work		2. _____ _____ _____	

ATTACHMENT B: PERSONAL BEST (PB) STUDENT SHEET

A PB is where you aim to match or better a previous best performance. It can be a mark you're aiming for or you can aim to do your schoolwork or study in a way that is an improvement on last time or the way you usually do it.

A. My PB is a mark in _____ What mark are you aiming for? _____

OR

B. My PB is a better way of doing my schoolwork or study in _____

The better way of doing things is: _____

Is this PB maintaining a previous best or improving on a previous best? YES / NO

If NO, you need to develop a PB that does.

Do you believe you can reach this PB? YES / NO

If NO, you need to develop a PB that you believe you can reach.

When do you plan to achieve this PB? _____

Describe the steps involved in reaching your PB	✓ when achieved
1. First, I will	
2. Next, I will	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

I believe I reached my PB Evidence _____

I think I just missed out Because _____

I didn't get close to my PB Because _____

My next PB is: _____

SAMPLE PERSONAL BEST (PB) STUDENT SHEET

A PB is where you aim to match or better a previous best performance. It can be a mark you're aiming for or you can aim to do your schoolwork or study in a way that is an improvement on last time or the way you usually do it.

A. My PB is a mark in _____ What mark are you aiming for? _____

OR

B. My PB is a better way of doing my schoolwork or study in History

The better way of doing things is: I aim to be more organised when doing my next essay and plan things out a bit better before I start it

Is this PB maintaining a previous best or improving on a previous best? YES / ~~NO~~

If NO, you need to develop a PB that does.

Do you believe you can reach this PB? YES / ~~NO~~

If NO, you need to develop a PB that you believe you can reach.

When do you plan to achieve this PB? Next Friday 30th May (when it's due)

Describe the steps involved in reaching your PB	✓ when achieved
First I will, <i>Understand the question</i>	✓
Next I will, <i>Break question into parts</i>	✓
<i>Initial search for information (on the Internet and at the library)</i>	✓
<i>Focused and detailed reading of books and other resources collected</i>	✓
<i>Detailed summary of information</i>	✓
<i>Organise information (put information under each heading)</i>	✗
<i>Write first draft of essay</i>	✓
<i>Tie up loose ends (eg. do a bit more reading, ask teacher anything I don't know)</i>	✓
<i>Write second draft of essay</i>	✗
<i>Edit the essay (check spelling, grammar, formatting)</i>	✗
<i>Write final draft and hand it in</i>	✓

✓ I believe I reached my PB Evidence I did most of the steps – more than I've done before

□ I think I just missed out Because _____

□ I didn't get close to my PB Because _____

My next PB is: I aim to get more than 70% on my next History essay