



# DIGITAL RESILIENCE IN THE AMERICAN WORKFORCE

July 2023

## Sample ABE/ASE EdTech Routine: Use Survey Tools to Support Goal-Setting and Reflection

*Use these prompts to guide the development of your routine.*

**Who: Learner Factors** | What are key learner factors that you need to consider as you plan your routine? (Consult the Digital Promise Learner Variability Navigator's [Learner Factors](#))

Adverse experiences, sleep deprivation, motivation, and self-regulation.

**What: Routine** | What is the routine you would like to implement? Concisely explain what learners will do as part of this routine

**Use survey tools to support goal-setting and reflection:** Students set weekly time and/or lesson completion goals for independent learning using the app of their choice. They use an online form to reflect on their progress weekly.

**How: Edtech Tools** | How would you implement this routine? Identify an Edtech tool you will use to implement the routine.

**Google Forms:** Create a “Weekly Goal Setting Form” such as this one ([View](#) | [Copy](#)) using Google Forms. [Make a separate copy of the form for each student](#) and share with students. Because [Google Forms responses can be gathered within a Google Sheet](#), both you and the learner can review their progress over time within a single document. Encourage learners to add the Google Form to their smartphone’s home screen. This will make it easy for learners to access the form at any time.



**Digital Skills** | Identify at least one digital skill from the [Seattle Digital Equity Initiative Digital Skills Framework](#) that this strategy incorporates and discuss how this digital skill relates to the routine you chose to implement. Identify questions/prompts to help students connect what they are doing to the skills being developed.

Implementing this routine connects to the following digital skill(s):

**Adapt to new technology.** Learning a new digital skill and regularly applying that skill helps to build on the tech experience, and also helps to strengthen engaging in self-assessment of digital skills. Prompts: Why do you think you were/ weren't able to meet your digital learning goals for this week? How might you adapt your next learning goal?

**Why: Evidence-Base** | Why is the routine effective? (Consult the Digital Promise Learner Variability Navigator information about [Research-Based Strategies](#) to make connections to prior research)

**Learner motivation:** Learning how to set achievable goals helps learners gain confidence in their learning. Providing tools for learners to monitor their progress toward their weekly learning goals supports self-regulation and can help increase learner motivation. Allowing the learner to choose the learning app they wish to use makes learning relevant, which also supports learner motivation.

This routine connects to the following research based strategies:

- [Goal-Setting & Monitoring](#)
- [Purposeful Reflection](#)
- [Self-monitoring](#)

