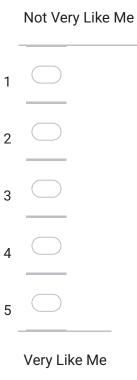
College and Career Readiness

* Required

1. I am curious; which means seeking information to fill knowledge gaps, and welcoming new experiences.





2. I take initiative; which means taking action with out being told. *

Mark only one oval.



3. I have integrity; which means behaving according to principles you believe in such * as trust, honesty, respect, or justice.

Mark only one oval.



4. I demonstrate perseverance; which means continuing to work on challenging tasks * and goals over time, even when it's tough.

Mark only one oval.

	Not Very Like Me
1	
2	
3	
4	
5	
	Very Like Me

5. I have self awareness; which means reflecting on experiences to understand your * strengths, interests, and challenges and then using that knowledge about yourself.

Mark only one oval.

Not Very Like Me

6. I practice self-care; which means understanding things that impact health and taking action to stay physically and mentally healthy.

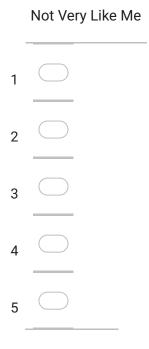
Mark only one oval.



Very Like Me

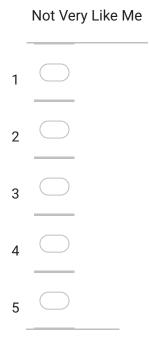
7. I have self efficacy; which means believing in your ability to accomplish challenging * tasks and that your ability can grow with effort.

Mark only one oval.



8. I have self regulation skills; which means making a plan, monitoring that plan, making changes to stay on track, and reflecting on what worked.

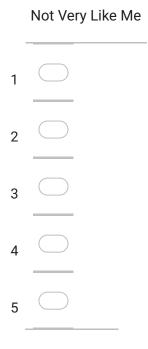
Mark only one oval.



Very Like Me

9. I have sustained attention; which means managing distractions in order to focus on * the information you need to complete a task.

Mark only one oval.



10. I understand goal setting, which means focusing on your own improvement by identifying goals that are important to you and based on data or input.

Mark only one oval.

	Not Very Like Me
1	
2	
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4	
5	

11. I can be adaptable; which means changing your thoughts or behaviors to respond * to new information or changing circumstances.

Mark only one oval.



12. I can be assertive; which means even when it's difficult, expressing your wants, * needs, and thoughts while respecting others.

Mark only one oval.



13. I know conflict management; which means knowing how you usually respond to * conflict, the reasons behind specific conflicts, and taking steps to resolve conflict.

Mark only one oval.



14. I have effective communication; which means sharing your thoughts through speaking, writing, and gestures and understanding others when they share.

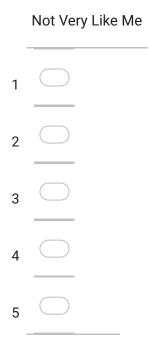
Mark only one oval.



Very Like Me

15. I have empathy; which means trying to understand others, and then showing your * understanding.

Mark only one oval.



16. I know how to network; which means getting to know people and making connections, using connections you make when you need help, and supporting others when they need help from you.

Mark only one oval.

Not Very Like Me



17. I have social awareness; which means trying to understand social rules for various * situations, and then using that knowledge.

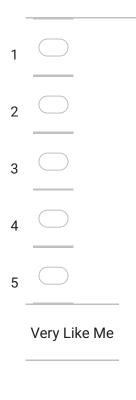
Mark only one oval.



18. I know how to work with a team; which means working with others by sharing ideas, respecting fellow teammates, and doing your fair share of work to accomplish a common goal.

Mark only one oval.

Not Very Like Me



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