

Assignment 1

Pre & Post Assessment

Based on Sean Covey's **The 7 Habits of Highly Effective Teens**

Self-assessment **Pre/Post** (circle one)

Student Name _____ Date: _____

For each concept, indicate your present level of awareness (circle or highlight)

<p>I am working <u>TOWARDS</u> this expectation *(I'm not entirely familiar with this concept)</p>	<p>I am working <u>AT</u> this expectation *(I understand this completely)</p>	<p>I am working <u>BEYOND</u> this expectation *(I understand and am <u>actively</u> putting this knowledge into <u>practice</u>)</p>
<p>Integrity: I am not sure exactly what integrity means or how it affects my life. OR I know what it is, but I have not been acting with integrity.</p>	<p>Integrity: I know exactly what this means and understand how living with integrity affects how I feel, how others see me, and how I experience life.</p>	<p>Integrity: I am aware of my own level of integrity and am now consistently working to strengthen it on a daily basis. This is evident in my daily behaviors.</p>
<p>Healthy & Unhealthy Habits: I haven't really thought about which of my daily habits are healthy or unhealthy or about how they affect my life as a whole.</p>	<p>Healthy & Unhealthy Habits: I am aware of my healthy and unhealthy habits and I understand how they affect my life on a daily & long-term basis.</p>	<p>Healthy & Unhealthy Habits: I am aware of my habits and am now consciously creating and consistently exercising more healthy habits daily.</p>
<p>Personal Paradigm: I don't really know what this is or how it affects my life.</p>	<p>Personal Paradigm: I am aware of the paradigms I have created about myself, others, and the world in general and understand how it is affecting how I feel & experience life.</p>	<p>Personal Paradigm: I am presently choosing to create healthy, positive paradigms about myself, others, and the world around me; this is already improving the quality of my life.</p>

I am working TOWARDS this expectation	I am working AT this expectation	I am working BEYOND this expectation
<p>Principle-centered Life: I'm not sure what principle-centered life looks like or how it can benefit me.</p>	<p>Principle-centered Life: I understand what principles are, the consequences of NOT centering my life around principles, & the benefits of living a principle-centered life.</p>	<p>Principle-centered Life: I can clearly define the core principles I center my life around and am actively practicing & benefiting from a principle-centered life.</p>
<p>Change: I am not sure where to begin making changes in my life, how to make them, or how this will affect my future and the world around me.</p>	<p>Change: I know where change begins and understand how changes within myself can affect my life, others' lives, and bring about world change.</p>	<p>Change: I am actively implementing steps to make positive changes in my life, the results of which are reflected in the world around me.</p>
<p>Confidence & Self-Awareness: I do not feel confident or self-aware. I struggle with self-esteem and do not recognize my talents and strengths.</p>	<p>Confidence & Self-Awareness: Sometimes I feel confident and self-aware. I have a moderate level of self-esteem and can recognize my talents and strengths.</p>	<p>Confidence & Self-Awareness: I feel confident and make daily efforts to maintain my self-esteem. I make daily efforts to strengthen my talents and acknowledge my strengths.</p>
<p>Proactive vs. Reactive Behavior: I'm not sure what the difference is between proactive & reactive behavior or how it relates to my life.</p>	<p>Proactive vs. Reactive Behavior: I can clearly recognize my proactive and reactive behaviors and understand how each affects my life.</p>	<p>Proactive vs. Reactive Behavior: I am actively & consistently choosing proactive behaviors in response to daily circumstances</p>
<p>Victim Mentality: I am unfamiliar with this concept or how it can affect my life. OR: I understand this concept and recognize I have a pattern of embracing the victim mentality.</p>	<p>Victim Mentality: I understand this concept and can easily recognize when I fall into victim-mode, which allows me to reflect and make better decisions in the future.</p>	<p>Victim Mentality: I've made a habit of taking responsibility for my life. I don't blame others, no matter the circumstance, and choose to adopt the victor—rather than the victim—mentality.</p>

I am working <u>TOWARDS</u> this expectation	I am working <u>AT</u> this expectation	I am working <u>BEYOND</u> this expectation
<p>Change Agent: I am not familiar with the concept of a change agent. I don't recognize any patterns repeating themselves in my life.</p>	<p>Change Agent: I understand what a change agent is and recognize negative and limiting patterns of behavior in my own life.</p>	<p>Change Agent: I've identified negative patterns in my life, I am taking daily action to break old cycles and replace them with healthy, positive habits.</p>
<p>Short & Long-Term Goals: I do not have specific short or long term goals for my future at this time.</p>	<p>Short & Long-Term Goals: I have short and long term goals and realize how this relates to my levels of motivation.</p>	<p>Short & Long-Term Goals: I am actively working towards short and long-term goals daily, and I am motivated, which is reflected in my behaviors.</p>
<p>Time Management: I do not yet have a strategy in place that allows me to manage my time effectively, prioritize daily tasks, or achieve my goals.</p>	<p>Time Management: I am aware of my self-defeating habits and can identify behaviors & habits that eat away at my time & prevent me from achieving my goals.</p>	<p>Time Management: I am managing my time effectively, avoiding procrastination, people-pleasing, and time-wasters, and I am planning & prioritizing daily activities that align with my goals.</p>
<p>Comfort vs. Courage Zone: I cannot clearly identify my behaviors that fall within or outside of my comfort zone.</p>	<p>Comfort vs. Courage Zone: I am aware of my behaviors & habits that fall within my comfort and courage zones and understand the limits & benefits of these behaviors.</p>	<p>Comfort vs. Courage Zone: I am actively and consistently seeking adventure, taking healthy & positive risks, and challenging myself in order to create new opportunities & realize my full potential.</p>

I am working <u>TOWARDS</u> this expectation	I am working <u>AT</u> this expectation	I am working <u>BEYOND</u> this expectation
<p>Perspective on Achievement: I view life as a competition and feel that the only way to be successful and happy is to be better than everyone else and work alone.</p>	<p>Perspective on Achievement: I understand that life is not a competition and that everyone can be a "winner," especially when people work together.</p>	<p>Perspective on Achievement: I work with others to achieve common goals. I actively support and encourage others' efforts while pursuing my own goals so we can all be successful and happy.</p>
<p>Communication Skills: I am not sure how to describe or rate my present level of communication skills. OR, I realize my communication skills are in need of improvement.</p>	<p>Communication Skills: I can describe the difference between "poor listening styles" and "genuine listening," and I can identify my own communication patterns.</p>	<p>Communication Skills: I am actively exercising genuine communication skills and seeking first to understand others, then to be understood.</p>
<p>Self-renewal: Presently, I do not practice self-renewal, which often leaves me feeling imbalanced, stressed out, or empty inside.</p>	<p>Self-renewal: I am aware that my physical, mental, emotional, and spiritual needs must be maintained to experience balance and over-all well-being.</p>	<p>Self-renewal: I am actively practicing self-renewal and regularly taking time to address my physical, mental, emotional, and spiritual needs.</p>
<p>Inspiration: At this point, nothing about my life or my future inspires me...</p>	<p>Inspiration: I feel hopeful about my future but don't yet have any specific plans or goals.</p>	<p>Inspiration: I am inspired and making daily efforts to align my actions and thoughts with my goals and dreams.</p>