

Do I Empower Myself to Make School Meaningful? (Student Version)

<p>These questions are about how you approach school. Each question describes two opposite ends of a range of behaviors. For each question, write a number between 1 and 10 to rate your behavior for this past week.</p>			
E xploration	Do others decide what's important at school . . .	1 \longleftrightarrow 10	. . . or am I curious about how I can live by my values at school?
M otivation	Am I doing my work to get a reward (like a good grade, someone's approval, or the relief of being done) . . .	1 \longleftrightarrow 10	. . . or am I doing my work because it helps me learn and grow in ways that matter to me?
P articipation	Do I put my energy toward whatever comes up at school . . .	1 \longleftrightarrow 10	. . . or do I create my own opportunities to do meaningful work?
O penness	Do I hold back my genuine self, stories, strengths, and weaknesses . . .	1 \longleftrightarrow 10	. . . or do I share them with my classmates and teachers?
W illingness	Do I do what feels familiar, comfortable, easy, or fun . . .	1 \longleftrightarrow 10	. . . or am I choosing to do what matters even if it's hard or painful?
E mpathy	Do I get stuck in my own judgments of what other people should do or be . . .	1 \longleftrightarrow 10	. . . or do I show kindness and understanding toward others when they struggle?
R esilience	Do I get stuck in my own judgments of what I should do or be . . .	1 \longleftrightarrow 10	. . . or do I show kindness and understanding toward myself when I struggle?