

Figure 6.7: Guiding Rubric—Visualizing

<b>Name:</b>	<b>Date:</b>	<b>Class:</b>		
<b>Period:</b>	<b>Content area:</b>	<b>Unit lesson:</b>		
<b>Rating scale:</b> 0 = All was dark. 1 = A glimmer of an idea 2 = Some light, some shadow 3 = Mostly sunny 4 = Basking in light				
<b>To what degree did I do the following?</b> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;">         ____ Find a quiet place to relax.          ____ Destress myself with even breathing.          ____ Picture myself performing.          ____ See myself near my goal.       </td> <td style="width: 50%; vertical-align: top;">         ____ See myself reaching my goal.          ____ Try different methods to explore surroundings in my image.          ____ Enjoy myself.          ____ Recall my journey.       </td> </tr> </table>			____ Find a quiet place to relax. ____ Destress myself with even breathing. ____ Picture myself performing. ____ See myself near my goal.	____ See myself reaching my goal. ____ Try different methods to explore surroundings in my image. ____ Enjoy myself. ____ Recall my journey.
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