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| Character  | 1 | 2 | 3 | 4 | 5 |
| Be organized  | I am never prepared for class. I do not have a planner to record deadlines or prioritize class work yet. | I am rarely prepared for class. I do not use a planner to record deadlines or prioritize class work. | I am usually prepared for class. I need support and reminders to record deadlines and prioritize class work in my planner.  | I am prepared for class. I use a planner to record deadlines, but I am continuing to improve on creating and prioritizing my own deadlines and class work.  | I am always prepared for class. I use a planner to record and make my own deadlines to make sure I don't fall behind. If there is too much to do I work out the most important tasks and do them first.  |
| Embody Grit – Go for it/finish it  | I cannot cope with set-backs yet. I need help and support with identifying strategies for accomplishing my best work.  | I rarely cope with set-backs. I do not know what methods work for me. I need to learn how to identify situations that might challenge me. | I usually cope with set-backs. I know what methods work for me, but do not always use them effectively. I need to learn how to identify future situations that might challenge me, and strategies for coping with them. | I cope with set-backs. I know what methods work for me and use them to accomplish my best work. I am learning to identify future situations that might challenge me, but require help to apply coping strategies.  | I cope with set-backs. I can explain how I coped with a difficult problem and how I kept myself going even after failing the first time. I know what methods work for me and apply them to accomplish my best work. I can identify future situations that might challenge me and have the skills to cope with these situations. |
| Self-Regulate  | I never congratulate myself when I have done something well. When something goes wrong I do not admit it to myself yet. I cannot identify if my behavior is helpful or harmful yet. I need help to identify negative emotions, and need to find strategies for being open to this help. | I rarely congratulate myself when I have done something well. When something goes wrong I do not admit it to myself. . I rarely identify if my behavior is helpful or harmful. I ignore the feelings that made me feel down. I need help to find and apply strategies for managing my emotions, but I don't know how to ask for this help.  | I usually congratulate myself when I have done something well. When something goes wrong I usually admit it to myself and identify if my behavior is helpful or harmful. I often ignore the feelings that made me feel down. I need help to find and apply strategies for managing my emotions. | I congratulate myself when I have done something well. When something goes wrong I admit it to myself. I can identify if my behavior is helpful or harmful. I don't ignore the feelings that made me feel down, but I need help to find and apply strategies to manage my emotions.  | I congratulate myself when I have done something well. When something goes wrong I admit it to myself. I can identify if my behavior is helpful or harmful. I don't ignore the feelings that made me feel down, but find and apply ways to manage and overcome my emotions. I have created strategies for dealing with these feelings successfully in the future.  |
| Set Challenges  | I do not act as a leader yet. I am uncomfortable trying new activities that involve risk. | I rarely act as a leader. I sometimes volunteer to try new activities, but I am not comfortable taking risks.  |  I usually act as a leader and volunteer to try new activities regardless of my apprehensions. I am becoming more comfortable about taking risks, but still need help recognizing the benefits of them.  |  I act as a leader. I often volunteer to try new activities and see them through. I am comfortable taking calculated risks, but am unable to recognize the benefits of them yet.  | I act as a leader. I continually volunteer to try new activities and see them through regardless of my apprehensions. I am comfortable taking calculated risks and I recognize the benefits of them.  |