



Sense of Accomplishment



<i>Reflection</i> Respond in a journal or create a portfolio blog.	<i>Evidence</i> Provide evidence of your progress in this condition. Below are some examples.
What helps you put forth your best effort?	Provide evidence of work that you revised.
What accomplishments are you proud of achieving?	Provide an example of persevering through a difficult assignment.
How can you be a better citizen of your school?	Demonstrate the ways you are a good citizen at school or in the community.
How do you make yourself persevere when a task seems too challenging?	Show a piece of work that shows your best effort.

To build your Sense of Accomplishment portfolio you can:

- Represent all your accomplishments – academic, athletic, musical, etc.
- Get to know someone you know who perseveres through difficult times. How does he or she constantly persevere?
- Ask to redo a test or assignment you know you could do better. Provide copies of both tests/assignments.
- Become involved in a community service project.
- Find a way to understand your strengths and skills. (Skills inventories are available on line or from guidance counselors).
- Create a file to organize your post secondary goals. For example, to attend college outline the courses you need to take, accomplishments and benchmarks you need to achieve, the organizations you need to join, teacher recommendations, timeline for admissions, etc.
- Attend a ceremony that highlights others accomplishments. Be creative... you might attend a ceremony for new citizens, college graduation, or the retirement recognition of someone who has served the community for many years.