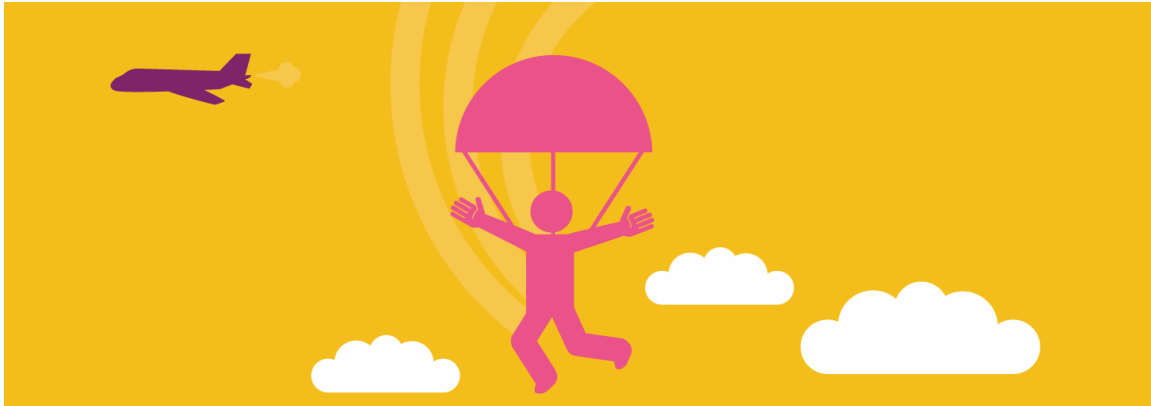




## Spirit of Adventure



<p><i>Reflection</i> Respond in a journal or create a portfolio blog.</p>	<p><i>Evidence</i> Provide evidence of your progress in this condition. Below are some examples.</p>
<p>What academic risks have you taken? How do you set goals for yourself? What academic work do you find challenging? What work do you find too easy? How do your friends support you when you push yourself academically?</p>	<p>Provide evidence of challenging yourself at school. Show a goal setting process you use. Demonstrate what you learned from a time you “failed” at a challenging task. Provide a list of your courses of study along with an explanation of how you think each course challenges you.</p>

*To build your Spirit of Adventure portfolio you can:*

- Create a four year plan that includes the courses you need to take to reach your goals.
- Do challenging extra credit assignments.
- Speak with individual teachers about your personal goals for each class. Work with the teacher to achieve these goals.
- Join a club or organization that is a totally new experience and outside your q comfort zone.
- Create a list of academic and co-curricular requirements of four different colleges or other post-secondary schools. Plan how you are going to meet these requirements.
- Speak with a high school graduate about what she wishes she knew when she was in high school. Apply these insights to your current high school career.
- Develop a personal goal and action plan related to your hobbies or interests. Document your journey to achieve this goal.