



## Sense of Accomplishment



<i>Reflection</i>	<i>Samples</i>
Respond in a journal or create a portfolio blog.	Provide samples of Sense of Accomplishment in your life. Below are some examples.
What accomplishments are you proud of achieving?	Show a sample of school work you revised or redid to make it better.
How can you be a better citizen of your school?	List ways you are a good citizen at school or in the community.
How do you persevere when a task seems too challenging?	Provide a sample of school work that highlights your best effort.

Actions you can take now to support Sense of Accomplishment:

- Do extra homework problems to challenge yourself to learn more.
- Redo an assignment that you did not put much effort into doing.
- How do you put effort into studying? Document the different ways you prepare for a test.

To build your Sense of Accomplishment portfolio you can:

- In your portfolio, represent all of your accomplishments – academic, athletic, musical, etc.
- Become involved in a community service project.
- Find ways you can help keep the school clean.

### **Sense of Accomplishment in Your Life**

Check all that apply to you.

- I study for tests.
- I put effort into my homework assignments.
- I care about my school work.
- I don't give up when school work is difficult.
- I try to get good grades.

Focus on one of the above statements that does not have a check mark. Write a personal action plan to improve in that area. For example, you might choose, "I study for tests." Write a plan to study more effectively. You might have to ask an adult for help with your plan.