

Pay It Forward

“Take the Challenge “

1. Identify a character trait/value (personal, academic, or physical) that you would like to develop or improve upon during term 1

Trait _____

2. In a paragraph **explain why** you chose this trait and how you **believe** it will **improve** your **overall character**.

3. Create an action plan on how you hope to improve your chosen trait. Including What, When, Where, Why, and How you will perform this activity. You must research 3 specific strategies and then choose which one you will commit to. Submit (**15 marks**)

What	Identify the character trait.
When	Outline the dates , from the beginning to the end....
Where	be specific as to where the action will take place
Why	Explain why this is important to you.
How	Identify your strategies you will use.... Research this..... minimum 3 _____ _____ _____
Coach	Identify who will facilitate/help/advise you to reach your goal. Cannot be a classmate. You must record conversations with this person at least once a week and submit at the end of the term. Proof will require a written summary at the end of the term... no evaluation no mark
Parent support	You must share with parent or guardian your plan, and explain why you are doing this. You must record the first conversation with a signature, and also must share your findings at the end of the term and also record and get a signature.
Record your journey	At least once a week you must monitor and evaluate your action plan , explaining the challenges and successes for that week and how you felt about your progress.
Action plan	You have one week to develop an action plan to be submitted for approval, including the name of coach and parent signature.

Pay It Forward

“Take the Challenge Evaluation “

Name: _____

1. Identify a character trait (personal, academic, and physical) that you attempted to improve upon.
2. Identify the strategy that you used, and if it worked?
3. In a paragraph explain whether or not you accomplished your goal and explain why
4. **Self-evaluation of personal growth:**
 - A: What did you learn about yourself?
 - B: How did it make you feel?
 - C: Will you continue to work on this trait? Explain your answer. (Not just yes or no)
 - D: How did your parent or coach help you develop or support your goal?
5. Please attach a written statement from your coach, parent and how you monitored and evaluated your Term 1 Pif; diary, schedule etc.
6. Give yourself a mark out of ____ / 20 Explain why you feel you successfully or need to continue to challenge yourself in this area. Also why you deserve this mark