



perseverance reflection

This assignment is designed to be meaningful to you. It also is designed to be difficult and frustrating at times. In addition to employing your (subject-specific) skills, you will need to activate the self-awareness and self-management skills needed to persevere.*

You can do it, and this tool will help. It will prompt you to reflect on your process when you encounter inevitable obstacles (self-awareness) and employ effective academic strategies (self-management) to move past these obstacles. Here's how it works:

At reflection points throughout or after the assignment, complete the tracker below.

1. Log an entry each time you get stuck, or feel your movement slowing or stopping. (Please log at least three entries.) If you don't feel ready to log an entry in the moment you are feeling stuck, slowing, or stopping, do it later. It is good practice to reflect on a hard time once it has passed to better understand what happened.
2. Use your *tier one perseverance strategy bank* to identify what was getting in the way.
3. Use the *CNVC Feelings Inventory* to reflect on how you felt.
4. Identify what behaviors you demonstrated. Did you try a strategy? Did you avoid the challenge?
5. In the tracker, record what strategy or strategies you plan to use next time you face a similar challenge.

*Persevere (v) - to keep moving through challenge in order to achieve a goal

What is your SMART goal for this assignment?

(Remember that a SMART goal is Specific, Measurable, Achievable, Relevant + Time-Bound.)

What is your heart goal?

(What motivates you to work toward your SMART goal?)

<p>When did you feel yourself slowing or stopping? Or, when did others notice you were not moving toward your goal?</p> <p>What was happening?</p> <th data-bbox="611 516 1035 824"><p>Why do you think you slowed or stopped?</p><p><i>Refer to "What's Getting in the Way" in Strategy Bank.</i></p><p>How did you feel?</p><p><i>Refer to CNVC Feelings Inv.</i></p><th data-bbox="1035 516 1459 824"><p>What did you do when you slowed or stopped?</p><p>If you tried a strategy, what did you try? What was the result?</p><th data-bbox="1459 516 1881 824"><p>What might you try in a similar situation in the future?</p><p>What is a next step you can try?</p></th></th></th>	<p>Why do you think you slowed or stopped?</p> <p><i>Refer to "What's Getting in the Way" in Strategy Bank.</i></p> <p>How did you feel?</p> <p><i>Refer to CNVC Feelings Inv.</i></p> <th data-bbox="1035 516 1459 824"><p>What did you do when you slowed or stopped?</p><p>If you tried a strategy, what did you try? What was the result?</p><th data-bbox="1459 516 1881 824"><p>What might you try in a similar situation in the future?</p><p>What is a next step you can try?</p></th></th>	<p>What did you do when you slowed or stopped?</p> <p>If you tried a strategy, what did you try? What was the result?</p> <th data-bbox="1459 516 1881 824"><p>What might you try in a similar situation in the future?</p><p>What is a next step you can try?</p></th>	<p>What might you try in a similar situation in the future?</p> <p>What is a next step you can try?</p>
<p><i>When the teacher was asking questions to the whole class. I thought I might know the answer, but I didn't want to be called on.</i></p>	<p><i>I was nervous about being wrong.</i></p>	<p><i>I avoided eye contact with the teacher and hoped she wouldn't call on me. I didn't participate.</i></p>	<p><i>I would like to push myself to raise my hand once a class and ask the teacher not to call on me other times while I work on that..</i></p>

after the assignment

reflect

What did you notice about yourself?

When else might you use the strategies you developed through this assignment?