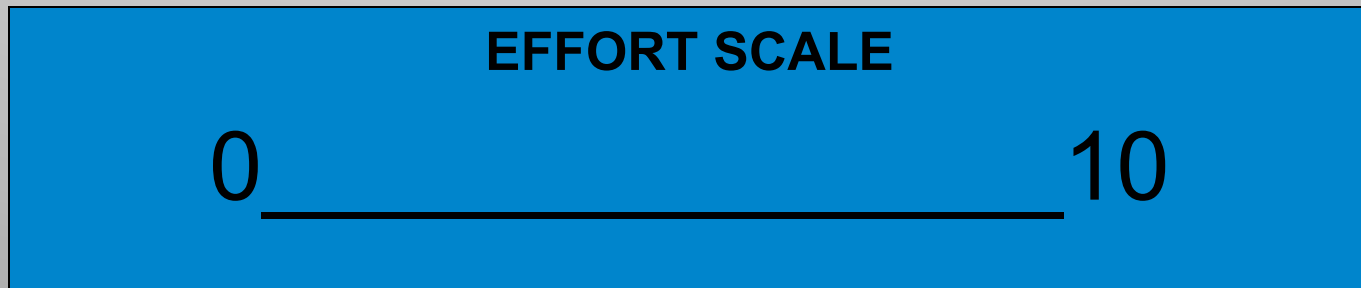


HOW WOULD YOU RATE YOURSELF

How would you HONESTLY answer the following question?

1. Reflecting on your performance and effort this year, how would you rate the effort you've given or applied to the grades you've earned?

2. Considering the number you've identified, what would it look like if you were to increase effort by one scale rating? One scale rating definitely indicates change, but it isn't so drastic that you could not reasonably accomplish that upward slide.



ZERO (0): is the least effort possible given -----

•AS IN NO EFFORT AT ALL

TEN (10): is the highest amount of effort that could possibly be put forth -----

•AS IN NEARLY DOING NOTHING ELSE BESIDES SITTING IN YOUR ROOM AND STUDYING

[Objective is to slowly increase by mastering new behaviors and habits before adding more.]