

CHARACTER GROWTH CARD

A tool for discussion about character strengths

We care as much about your character as we do about you earning a diploma.

STAFF ASSESSMENT

		<u>EVIDENT</u>			
		Not Much	Sometimes	Fairly Strong	Strongly
<p>_____</p> <p>Student Name</p> <p>_____</p> <p>DATE</p>	<p>STAFF COMMENTS</p> <p><u>Coach Name:</u></p>				
<p>GRIT</p> <p>Stuck with a project or activity for more than a few weeks</p> <p>Tried very hard even after experiencing failure</p> <p>Stayed committed to goals</p> <p>Kept working hard even when s/he felt like quitting</p>					
<p>OPTIMISM</p> <p>Believed that effort would improve his/her future</p> <p>When bad things happened, s/he thought about things to do to make it better next time</p> <p>Stayed motivated, even when things didn't go well</p> <p>Believed that s/he could improve on things they weren't good at</p>					
<p>SELF CONTROL (school work)</p> <p>Came to class prepared</p> <p>Remembered and followed directions</p> <p>Got to work right away instead of waiting until the last minute</p> <p>Paid attention and resisted distractions</p>					
<p>SELF CONTROL (interpersonal)</p> <p>Remained calm, even when criticized or otherwise provoked</p> <p>Allowed others to speak without interrupting</p> <p>Was polite to adults and peers and kept temper in check</p>					
<p>GRATITUDE</p> <p>Recognized what other people did for him/her</p> <p>Showed appreciation for opportunities</p> <p>Expressed appreciation by saying "thank you"</p> <p>Did something nice for someone as a way of saying "thank you"</p>					
<p>SOCIAL INTELLIGENCE</p> <p>Was able to find solutions during conflicts with others</p> <p>Showed h/she cared about the feelings of others</p> <p>Adapted to different social situations</p>					
<p>CURIOSITY</p> <p>Was eager to explore new things</p> <p>Asked questions to help him/her learn better</p> <p>Took an active interest in learning</p>					
<p>ZEST</p> <p>Actively participated and showed enthusiasm</p> <p>Approached new situations with excitement and energy</p>					