



STRENGTH IN OUR STORIES

Personal Reflection Worksheet

JULIO DIAZ'S STORY

Two pieces of content that stood out to me:

1.

2.



Record your personal response to the following prompts:

- This clip reminds me of... because...
- One Thing that stood out to me was... because...
- If I were... I would... because...
- One thing I'd like to know more about is...



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PERSONAL STRENGTHS & ASSETS

- **Academic Achievement** - Young person excels at achieving academic goals. Examples: Student is on the honor roll, or receives an award for academic performance.
- **Caring** - Young person places high value on helping other people, as evidenced by kindness and concern shown for others.
- **Constructive Use of Time** - Young person regularly participates in: 1) religious community 2) club or youth program 3) sports 4) creative activities 5) employment.
- **Courage** - Young person is brave in the face of difficulty, danger or vulnerability.
- **Creativity** - Young person thinks “outside the box,” and evidences original or unique ideas/perspectives.
- **Cultural Humility** - Young person respects and values differences of people and beliefs from other cultures.
- **Disciplined work habits** - Young person is focused, determined, and hard working.
- **Empathy** - Young person perceives, understands, and responds to the feelings, thoughts, and experience of another. Please note that empathy is a component of Social Awareness.
- **Family Boundaries** - Family monitors young person’s behavior, and provides clear rules and consequences for misbehavior.
- **Grit** - Young person demonstrates perseverance and passion for long-term goals; working strenuously toward challenges, maintaining effort and interest over the long-term despite failure, adversity, and plateaus in progress. The gritty individual approaches achievement as a marathon; his or her advantage is stamina.
- **Gratitude** - Young person is aware of and thankful for the good things that happen, and takes time to express thanks.
- **Growth Mindset** - Young person acts on the belief that skills and abilities can be “grown” or developed, as reflected in the statement, “The mind is a muscle.” In contrast, a person who has a fixed mindset acts on the belief that skills and abilities are fixed and unchangeable.
- **High Expectations** - Students meet high academic standards that will prepare them for college.
- **Honesty** - Young person speaks truthfully even when it is not easy.
- **Initiative** - Young person independently takes steps to achieve goals and meet challenges.
- **Integrity** - Young person acts on convictions and stands up for their beliefs
- **Leadership** - Young person guides others in achievement of a common goal.
- **Maturity** - Young person achieves understanding or acts in a way that shows the mental and emotional qualities of a healthy adult.



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- **Personal accomplishment** - Young person achieves or accomplishes something positive.
- **Planning and Decision-Making** - Young person uses a plan and/or makes decisions that have positive results.
- **Reaction to Challenges** - Students are optimistic in the face of a challenge, obstacle, or the possibility of disappointment.
- **Reading for pleasure** - Young person reads for pleasure.
- **Resilience** - Young person shows signs of coping positively with a stressful life event, i.e. "What doesn't kill me makes me stronger."
- **Resistance skills** - Young person resists negative pressure from peers or others.
- **Relationship skills** - Young person establishes and maintains healthy relationships. This can include, but is not limited to, negotiating conflict constructively and seeking and offering help when needed.
- **Responsibility** - Young person is answerable or accountable for actions they take that are within their power or control.
- **Role Model** - Young person has someone they look up to and emulate.
- **Safety** - Young person has an environment where they feel protected from danger, fear, risk or injury.
- **Self-Awareness** - Young person recognizes their emotions and thoughts and their influence on behavior. This can include knowing their strengths and limitations and possessing a well-grounded sense of confidence and optimism.
- **Self-Confidence/Self-Esteem** - Young person is confident in their own worth or abilities and/or demonstrates self-respect.
- **Sense of Purpose** - Young person demonstrates through their actions that their life can make a positive difference to other people.
- **Service to Others and/or Social Justice** - Young person regularly serves in the community through service learning program or otherwise, and/or does something that promotes equality.
- **Social Awareness** - Young person recognizes the perspectives of others that are different from their own and/or identifies family, school or community resources and supports.
- **Support, Family** - Family life provides young person with high levels of love and support.
- **Support, Other Adult** - Adult is supportive of a youth's efforts to achieve a positive goal.
- **Support, Peer** - Peers are supportive of a youth's efforts to achieve a positive goal "or are, at least, not getting in the way."
- **Support, School** - An adult in the school is supportive of a youth's efforts to achieve academically or otherwise.
- **Values own Heritage** - Young person acknowledges and values "where they come from."