

My Grit Self-Assessment & Reflection

Think about the statements below and give yourself a 1-4 rating.	Mostly Like Me 4	Somewhat Like Me 3	A Bit Like Me 2	Not at All Like Me 1
A) It was hard for me to focus on the challenges presented to me in this unit.	My rating in this area: _____. My reflection about my focus in this unit is:			
B) I was not embarrassed by the mistakes that I made because I know that these mistakes will help me learn and get better.	My rating in this area: _____. My reflection about making mistakes in this unit is:			
C) I lost interest in developing my skills or trying to improve in this unit.	My rating in this area: _____. My reflection about developing my skills in this unit is:			
D) It was easy for me to stick with my goal in the unit rather than wanting to pick a new one to start on.	My rating in this area: _____. My reflection about sticking with my goals in this unit is:			
E) I did not need the teacher to tell me to work hard in this unit as I took pride in putting in effort to try to improve.	My rating in this area: _____. My reflection about taking pride in my level of effort:			
F) I felt very enthusiastic about learning in this unit.	My rating in this area: _____. My reflection about how enthusiastic I was about learning:			