

Assessment & Portfolio Guide


Lesson 11: Use Journal Writing for Personal Reflection on Your Progress

 How can an inspirational movie like *Rudy*, help you?

Lesson 12: Choose and Begin Practicing a Quiet Time & Reflection Activity

 Why is it important to participate in your quiet time activity on a regular basis?

Lesson 13: Compare the Costs and Choose Affordable Free-Time Activities

 Why is it important to keep the cost of your free time activities within your budget?

Lesson 14: Choose Individual and Group Free-Time Activities

 Do you prefer to do things alone or with others? Why?

Lesson 15: Learn Eight Steps for Managing Time

 Which of the **Eight Steps for Managing Time** is most important?

 Add your mission statement to your *Transition Portfolio*.

Lesson 16 & 17: Organize Your Time and Practice Time Management

 Add all four lesson handouts to your *Transition Portfolio*.

Lesson 18: Write a Free-Time Growth Goal

 What is your growth goal?

 Add your **Growth Goal Contract** to your *Transition Portfolio*.

◆ THINK ABOUT THIS ◆

Someone once said to Helen Keller,
“I can’t imagine anything worse than being blind.”
to which she replied, “I can, being sighted
and having no vision.”

What does this quote mean to you?
