

REVIEW 1-6

Assess Progress and Build Your Transition Portfolio

TRANSITION OBJECTIVE

Students will evaluate their progress by completing an assessment sheet and reviewing the last six lessons.

RELEVANCE TO SUCCESSFUL TRANSITION

Evaluation is one of the most important components of the growth process. Self-evaluation is a powerful tool commonly used by highly successful people. Add peer evaluation to this process and growth will compound. The evaluation process here begins with self-evaluation, combines with peer evaluation and ends with a statement of the next step toward a specific growth area.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

The impact the last six lessons has had on me is . . .

❑ STEP 2: Convene Roundtable

"Evaluating my progress is important because _____."

❑ STEP 3: Advance Organizer

"Today you will evaluate your progress in this class."

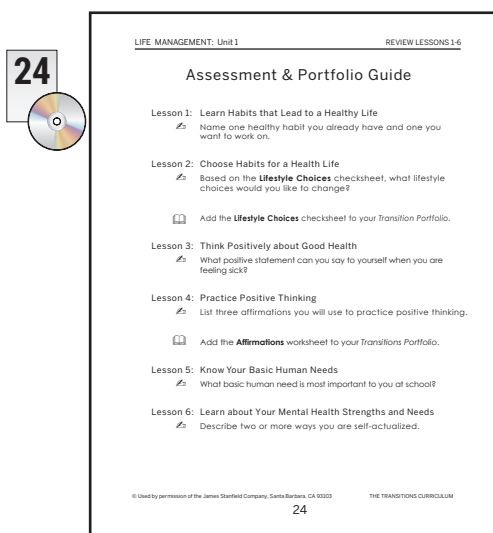
❑ STEP 4: Activity - 15 Minutes

Please note: The **Assessment & Portfolio Guide** is part of a transition assessment process. In this process, students complete projects to use their new skills and knowledge, then collect samples of their work in a hard copy or electronic portfolio. This assessment guide also may be used as a formal test or a review of lesson concepts. If needed, make up additional test questions and activities.

Students go over the questions and statements on the handout **Assessment & Portfolio Guide**. For five minutes, have students briefly review the lessons with a partner, then share lesson highlights with the class.

❑ STEP 5: Activity - 25 Minutes

Students complete the handout **Assessment & Portfolio Guide** by answering the questions or completing the statement directions. Provide assistance for students who need help with reading or writing. For poor writers, provide a tape recorder, someone to take dictation or a voice-activated device.



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LIFE MANAGEMENT: Unit 1 REVIEW LESSONS 1-6

Assessment & Portfolio Guide

Lesson 1: Learn Habits that Lead to a Healthy Life
✍ Name one healthy habit you already have and one you want to work on.

Lesson 2: Choose Habits for a Health Life
✍ Based on the **Lifestyle Choices** checksheet, what lifestyle choices would you like to change?
📁 Add the **Lifestyle Choices** checksheet to your Transition Portfolio.

Lesson 3: Think Positively about Good Health
✍ What positive statement can you say to yourself when you are feeling sick?

Lesson 4: Practice Positive Thinking
✍ List three affirmations you will use to practice positive thinking.
📁 Add the **Affirmations** worksheet to your Transitions Portfolio.

Lesson 5: Know Your Basic Human Needs
✍ What basic human need is most important to you at school?

Lesson 6: Learn about Your Mental Health Strengths and Needs
✍ Describe two or more ways you are self-actualized.

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□ STEP 6: Activity - 20 Minutes

Have students share their answers with a partner. Each partner then chooses one thing the other has learned and shares this with the class. For example: Christopher and Terry have shared their answers. Terry chooses to share what Christopher has learned about positive thinking. Terry would say, "The most important thing Christopher learned is that positive thinking can help keep us healthy." Have all students take a turn sharing one thing their partner has learned. Remind students to add their **Assessment & Portfolio Guide** to their **Transition Portfolio**.

□ STEP 7: Evaluate Outcomes

One way I feel I have grown from these lessons is "____."

□ STEP 8: Connecting Activity

Students share their most important growth area with a friend or family member.

□ STEP 9: Key Words

See "Key Words" section on page xviii for the "Six Step Process for Better Vocabulary Instruction."

KEY WORDS

habit
attitude
often
bar graph
analyze
physiological

health
blame
wellness
research
safely
potential

physical health
responsibility
results
hypothesize
self-actualization
strength

mental health
frequent
harmony
data collection
affiliation
ability

habits
every day
disease
tally
self-esteem
capability

MATERIALS AND PREPARATION

- Student Handout: **Assessment & Portfolio Guide**, page 24.
- Prepare a screen image of the handout **Assessment & Portfolio Guide**.
- Prepare to share suggestions with the students.
- Prepare your own areas of growth to share with the class.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Listening, Speaking
- Thinking Skills: Creative Thinking, Decision Making
- Personal Qualities: Responsibility, Sociability, Self-Esteem, Self-Management, Integrity/Honesty