

# Assessment & Portfolio Guide

## Lesson 1: Understand Your Part in Developing Healthy Relationships


 What areas will you work on from **Putting Myself Together**?

 Include the **Putting Myself Together** focus sheet in your *Transition Portfolio*.

## Lesson 2: Decide What You Want Your Life to Be Like in Ten Years

 What do you plan to be doing in ten years?

## Lesson 3: Examine Images of Yourself at Various Life Stages

 What is the most important thing you have learned about growing older?

 Include the **Stages of Life** in your *Transition Portfolio*.

## Lesson 4: Learn to Plan Ahead for Emergencies and Retirement

 Why is it important to plan to be financially secure in retirement?

## Lesson 5: Examine Yourself in Three Types of Relationships

 Do you work best alone or with others? Why?

## Lesson 6: Describe Your Family

 Describe why your family is important to you:

# Friendship

“Chance makes our parents,  
but choice makes our friends.”

--Jacques Delille, French poet.

1. What does this quote mean?

2. Do you agree or disagree with the quote? Why?