



Assessment & Portfolio Guide




Lesson 1: Appreciate Similarities and Differences among People

-  How did the grouping by characteristics activity change your attitude about other students in this class?


Lessons 2 & 3: Understand a Hierarchy of Human Needs, Evaluate How Well Your Basic Needs Are Met

-  What did you learn about your basic human needs that surprised you?


-  At what level (1-5) of basic human needs are you most of the time?

-  What did you learn about your basic human needs that surprised you?


Lesson 4: Demonstrate an Understanding of Self-Esteem

-  What thoughts do you have that effect how you feel? How do your feelings affect your behavior?


Lessons 5 & 6: Build a Self-Empowering Vocabulary,

-  Assess your self-esteem and empowerment
Add the completed Road to Personal Power to your portfolio .

Lesson 7: Choose Behaviors That Lead to High Self-Esteem

-  When are you in control of your decisions? When are others in control of your decisions? How can you be in control of decisions?

Lesson 8: Begin Your Transition Portfolio

-  Assess progress & build your Transition Portfolio
Add the completed Self-Esteem Review to your portfolio.