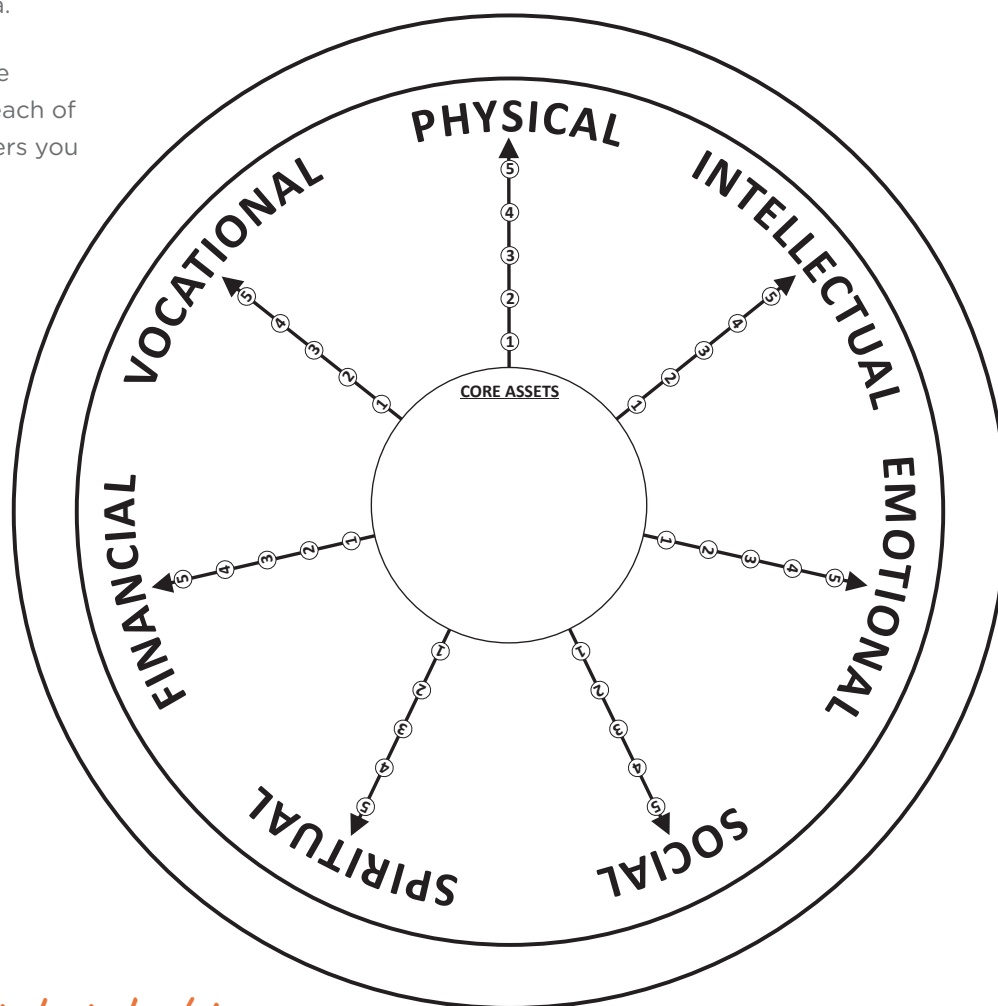


Appendix 1

STUDENT SELF-ASSESSMENT: "HOW WHOLE ARE YOU?"

Directions:

- Please rate your level of "wellness" in each one of the areas of a whole life. Circle the number that you feel best demonstrates your current level.
- The numbers equate to: 1 = I feel I am doing **horrible** in this area. 2 = I feel I am not doing **great** in this area. 3 = I feel I am doing **ok** in this area. 4 = I feel I am doing **very well** in this area. 5 = I feel I am doing **awesome** in this area.
- Draw a line between each of the numbers you circled.

*Elevate student check in*

Please fill in the following so that we can get to know you better:

1. What would you consider your best "core assets"? (Explanation: Your core assets are character qualities and skills that you feel you do really well. These are things that you not only "do" but they are a key part to who you are. Typically they are positive comments that you have heard from a coach, teacher, mentor, friends, or family member that you trust. Look at the list and circle a couple that you believe are who you are at your core:

Integrity	Respect	Caring	Positive	Work Ethic	Goal Setter	Leader	Vision
Decision Maker	Communicator	Career Minded	Responsible	Problem Solver	Courageous		

Please write in any core assets that you feel you "are" that might not be in the list above:

2. Check out your Wholeness Wheel. For any of the areas that were low, please write a SMART goal for that area.

Remember SMART: Specific, Measureable, Attainable, Realistic, Timeline

PHYSICAL:

EMOTIONAL:

SPIRITUAL:

SOCIAL:

INTELLECTUAL:

VOCATIONAL:

FINANCIAL:

3. Who is in your Entourage? What Resources are around you that you can enlist in your life?

Directions:

- Please list in each area your “entourage/resources” that you have.
- Explanation:
 - Entourage are the people who are invested in your life who are or would help you.
Examples are: Specific family members, teachers, coaches, friends, mentors, and other leaders in your life.
 - Resources are organizations, people, companies, community organizations.

PHYSICAL:

EMOTIONAL:

SPIRITUAL:

SOCIAL:

INTELLECTUAL:

VOCATIONAL:

FINANCIAL:

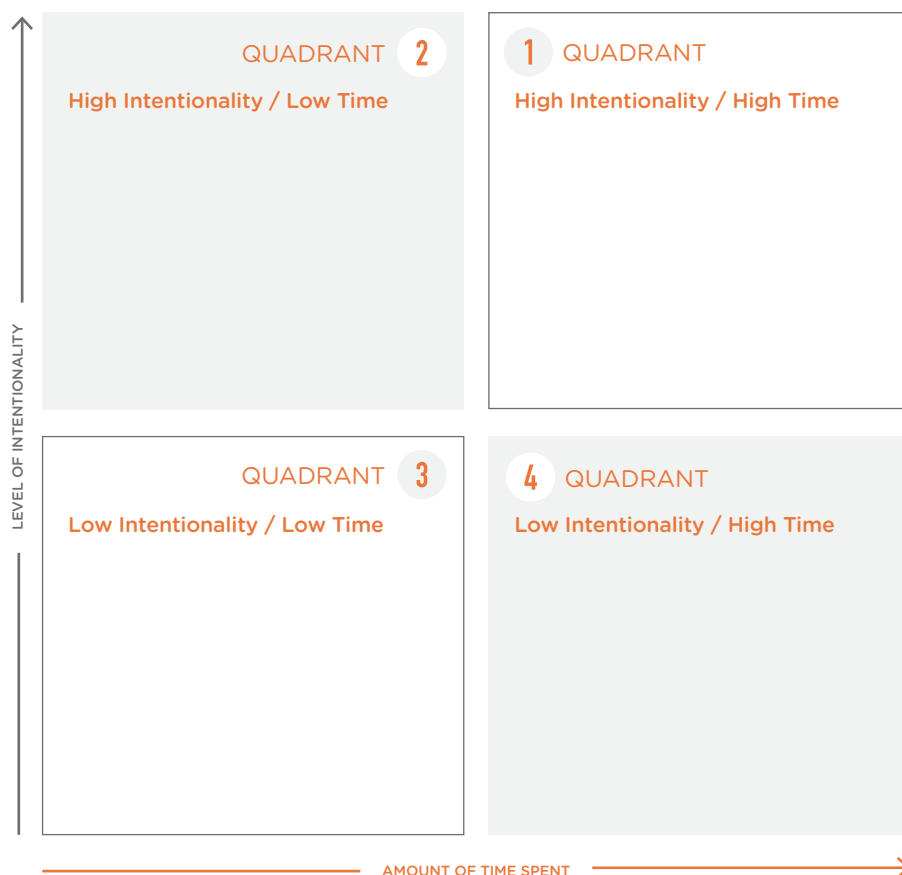
Appendix 2

ELEVATE INTENTIONAL MENTORING PLAN

Your Name: _____ Your School
(s): _____

Directions:

- Please use "Elevate Intentional Mentoring Quadrants" to help you determine what goes into each quadrant.
- Please list as many of your current students and place them in the mentoring quadrant that you believe that the student is currently in. You can also use where they are placed in the quadrant to provide more detail of your current relationship with them.



Write

Directions: Please write your Intentional Mentor Plan by answering the following questions:

- 1 For your students in ALL quadrants, are there any students that you need to be more intentional with?
Please write specific action that you will do...

- 2 Please place a # of hours in each quadrant that you have been focused on this past week.