**Activity II: Active Participation**

Learning Target: I can identify how effectively I’m using my time in Advisory.

**Please check off the appropriate box**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **How often do you do each of the following during Advisory?** | None of the time | Not too often | Some of the time | Most of the time | All of the time |
| 1 | Actively participate in the activities |  |  |  |  |  |
| 2 | Keep a positive attitude |  |  |  |  |  |
| 3 | Work with other people and help where I can |  |  |  |  |  |
| 4 | Communicate with others without conflict |  |  |  |  |  |
| 5 | Reflect on progress towards my personal SMART goal |  |  |  |  |  |
| 5 | Think of ways to accomplish my SMART goal |  |  |  |  |  |
| 7 | Think of what new goals I may want to pursue once I achieve my SMART goal |  |  |  |  |  |
| 8 | Reflect on my relationships with other people |  |  |  |  |  |
| 9 | Think of ways to improve my relationships with others |  |  |  |  |  |
| 10 | Think of ways to give back and get involved in the community |  |  |  |  |  |

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|  | **How often do you do each of the following during Advisory?** | None of the time | Not too often | Some of the time | Most of the time | All of the time |
| 11 | Work on something not related to the Advisory session or my goal |  |  |  |  |  |
| 12 | Express a negative attitude |  |  |  |  |  |
| 13 | Ignore others in Advisory when they’re speaking. |  |  |  |  |  |
| 14 | Make up stories, instead of being honest about yourself. |  |  |  |  |  |
| 15 | Give your advisor a hard time about Advisory and/or the activities. |  |  |  |  |  |

1. Based on your responses, how involved are you when it comes to Advisory?
2. Based on your responses, what are 3 ways you could improve? (everyone can always improve)
3. Why do you think it’s important to actively participate in Advisory?
4. How could your participation help you?
5. How could your participation help others?