

GRADE 7

PORTFOLIO

2009-2010

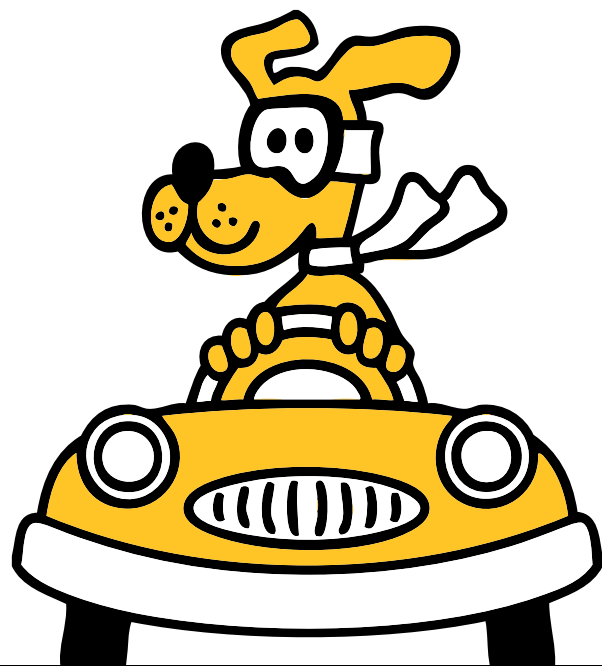


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We all keep things that help us remember big moments in our lives. Use this page to describe your artifact and the moment you want to remember.



My Artifact of Achievement

Write a paragraph that explains why your artifact is important to you. Use the questions below to guide you. After you've answered the questions, write your paragraph on the bottom of this page.

GUIDING QUESTIONS

1. When did you receive this artifact? How old were you?

2. What did you do, or what happened that allowed you to get this item?

3. Why is this item important to you?

4. Why did you want to include it in your portfolio?

What kind of work will you enjoy in the future? Discover clues by describing who you are today.



Autobiography

My Name: _____

My Grade: _____

My Class #: _____



On a perfect Saturday, I would



Compared with other kids my age, I'm really good at



My favorite subject(s) in school are



My favorite magazine, comic book or novel is

because



If I could have any job when I grow up I would become a

because

Another job I might like to try is

because



If I were in charge of the world, the first thing I would do is

because

Here are some more important things about me:

****Draw a picture of yourself on a separate page. It may not show exactly how you look, but it should include details about the kind of person you are. ****

This is a checklist of good study habits. The more “always” answers you have, the better you’ll do in school.



SEVENTH GRADE GOALS

Every month, you will pick **one** habit that you want to improve. For the first month we will be checking in every week. For the rest of the year we will be checking in once a month. If you have a “no,” your goal is to make it a “sometimes.” If you have a “sometimes,” your goal is to make it an “always.” Once you’ve reached one goal, you can move on to another. By the end of the year, you’ll be a super student (if you’re not already)!

N= No S= Sometimes A= Always

STUDY HABITS	Today’s Date		Check In Date 1		Check In Date 2		Check In Date 3		Check In Date 4		Check In Date 5	
	N	S	A	N	S	A	N	S	A	N	S	A
1. Do I attend school every day?												
2. Do I arrive at school on time?												
3. Do I come to class prepared?												
4. Do I write down homework assignments in the same place, every day?												
5. Do I stick with a class assignment or task until it is done?												
6. Do I ask a teacher or another student for help when I don’t understand something?												
7. Do I take part in class discussions or activities?												
8. Do I complete all class assignments and projects?												
9. Do I complete all homework assignments and projects?												
10. Do I always check to see if I have all of my materials before I leave school?												
11. Do I look at my notes every day in order to review what I have learned?												
12. Do I have a time and place when I study for each subject?												
13. Do I know where to go for extra help?												
14. Do I get the extra help I need?												

This is a checklist of good study habits. The more “always” answers you have, the better you’ll do in school.



SEVENTH GRADE GOALS

Every month, you will pick one habit that you want to improve by the next check-in date.

N= No S= Sometimes A= Always

STUDY HABITS	Check In Date 6		Check In Date 7		Check In Date 8		Check In Date 9		Check In Date 10		Check In Date 11	
	N	S	A	N	S	A	N	S	A	N	S	A
1. Do I attend school every day?												
2. Do I arrive at school on time?												
3. Do I come to class prepared?												
4. Do I write down homework assignments in the same place, every day?												
5. Do I stick with a class assignment or task until it is done?												
6. Do I ask a teacher or another student for help when I don't understand something?												
7. Do I take part in class discussions or activities?												
8. Do I complete all class assignments and projects?												
9. Do I complete all homework assignments and projects?												
10. Do I always check to see if I have all of my materials before I leave school?												
11. Do I look at my notes every day in order to review what I have learned?												
12. Do I have a time and place when I study for each subject?												
13. Do I know where to go for extra help?												
14. Do I get the extra help I need?												

Follow Up Questions:

1. What study habit did you pick to work on?

2. What difficulties do you imagine that you might have in improving this study skill? (For example, forgetting to bring home your homework or getting distracted by your friend in math class.)

3. Who or what do you think can help you meet your goal of improving this study skill?

Check-In Date 1

1. Did you succeed in reaching your goal? If yes, explain how you accomplished your goal. If you have not reached your goal yet, explain what challenges you faced.

2. If you reached your goal, select a new study habit to work on this upcoming week and record it in the space below.

3. If you did not reach your goal, explain how you are going to overcome the challenges you faced this past week.

Check-In Date 2

1. Did you succeed in reaching your goal? If yes, explain how you accomplished your goal. If you have not reached your goal yet, explain what challenges you faced.

2. If you reached your goal, select a new study habit to work on this upcoming week and record it in the space below.

3. If you did not reach your goal, explain how you are going to overcome the challenges you faced this past week.

Check-In Date 3

1. Did you succeed in reaching your goal? If yes, explain how you accomplished your goal. If you have not reached your goal yet, explain what challenges you faced.

2. If you reached your goal, select a new study habit to work on this upcoming week and record it in the space below.

3. If you did not reach your goal, explain how you are going to overcome the challenges you faced this past week.

Check-In Date 4

1. Did you succeed in reaching your goal? If yes, explain how you accomplished your goal. If you have not reached your goal yet, explain what challenges you faced.

2. If you reached your goal, select a new study habit to work on this upcoming week and record it in the space below.

3. If you did not reach your goal, explain how you are going to overcome the challenges you faced this past week.

Interest Profiler Results

There are so many careers to choose from. Keep a list of the ones that interest you.



Student Name: _____

Date Interest Profiler Taken: _____

Take the CFWV.com Interest Profiler. Review your results and then list your favorite six careers below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Look through your Interest Profiler results again. Write down any additional careers you'd like to explore, as well as other careers you'd like to investigate that may not have appeared on your Interest Profiler list.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

My Top Three Career Selections are:

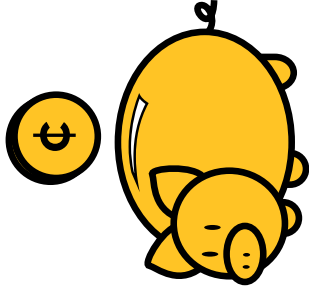
1. _____
2. _____
3. _____

Career Review

Name of Career

Name of Presenter

Date:



Annual Income:

Average Earnings: _____ or

From \$ _____

to \$ _____ per year



What They Do

Summary:

Job Tasks

- ---

- ---

- ---

Likes and Dislikes

Likes:

- ---

- ---

Dislikes:

- ---

- ---



What To Learn

Summary:

Use this page to describe the great and not-so-great things about this job.



Best and Worst Days

Career: _____

Now, imagine what a VERY BAD DAY on the job would be like — a day when everything goes wrong. Then imagine what a VERY GOOD DAY would be like — a day when you feel happy and satisfied with the work that you do. In the space provided, describe these “best” and “worst” days.

A VERY BAD Day at this Job

A VERY GOOD Day at this Job

PERSONAL REFLECTION

Did you discover the career of your dreams? Use these pages to record your opinions.



Career: _____

Think about the information you've researched about this career to answer these questions. Then decide whether or not you feel this job is a good fit for you and write a paragraph to support your opinion.

What They Do

What responsibilities in the job description would you like?

What responsibilities would you dislike?

Money and Outlook

How do you feel about the earnings for this job?

What To Learn

Are you willing to invest time and money in the education you'll need?

Ask The Experts! Likes and Dislikes

Considering what you know about the experts' likes and dislikes about this career, what do you think that you would like or dislike about this career? Why?

What did you learn from the other students' presentations?
Record your reactions here.



Career Fair Mini-Reviews

Review 1:

Career _____

Presenter _____

One thing I learned about this career is _____

I (circle one) would might would not like this career because

_____.

Review 2:

Career _____

Presenter _____

One thing I learned about this career is _____

I (circle one) would might would not like this career because

_____.

Review 3:

Career _____

Presenter _____

One thing I learned about this career is _____

I (circle one) would might would not like this career because

_____.

Question/Answer:

Below, write a question for one of the presenters, followed by the answer.

Q: _____

A: _____

Evaluate your skills
as a presenter
and listener.



Career Fair Self-Evaluation Guide

For each statement check one score. 1 is lowest and 4 is highest.
Then respond to the questions at the bottom.

Criteria	1 Not really	2 Somewhat	3 Good	4 Excellent
PRESENTER:				
I became an expert in my career.				
I presented with confidence.				
I was comfortable speaking to an audience.				
I spoke slowly and clearly during my presentation.				
I was able to answer questions from the audience.				
My presentation materials were informative and easy to read and understand.				
LISTENER:				
I gave the presenters my full attention.				
I got new information about several careers.				
I asked at least one follow-up question.				

What part of your performance are you most proud of and why?

What is something you would do differently next time? Explain.

What's most important to you?



What Matters Most

Identifying

Write a "V" beside each value that is important to you. Write other things that are important on the lines below "other things."

- | | |
|--|--|
| <input type="checkbox"/> Spending time with friends | <input type="checkbox"/> Loving someone |
| <input type="checkbox"/> Spending time with family | <input type="checkbox"/> Having one good friend |
| <input type="checkbox"/> Practicing my faith/spiritual beliefs | <input type="checkbox"/> Having lots of friends |
| <input type="checkbox"/> Spending time alone listening to music or reading | <input type="checkbox"/> Having lots of money |
| <input type="checkbox"/> Being part of a sports team or youth club | <input type="checkbox"/> Helping others |
| <input type="checkbox"/> Being loved | <input type="checkbox"/> Having time to do the things I like |
| | <input type="checkbox"/> Getting good grades |

Other things that are important to me:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Prioritizing

Look at each thing marked with a "V" above. Write the things that are most important to you on the lines under "Matters the most." Write the less important things on the lines under "Important, but I could do without it if I had to."

Matters the most	Important, but I could do without it if I had to
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

How will your values affect your plans for the future?



PERSONAL VALUES

Choose one value from the “What Matters Most” page in your portfolio that you identified as being important to you. Use the guiding questions below to explain how that became one of your personal values.

1. What value did you choose?

2. Why is this value important to you?

3. How will this value affect the choices you make about your future career?

Example: The value I chose was family, so I hope to find a job where I live fairly close to home.

Use these pages to keep track of the skills you're building.



Grade 7 Skills Checklist

Check the box that shows your level of skill in each area.
Then answer the questions below.

SETTING GOALS

I can...

Set a goal for myself and make a plan to reach it.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
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GROW YOUR INTELLIGENCE

I can...

Give evidence that it's possible to improve a skill by practicing.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
Describe ways to "grow my intelligence."	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
Recognize that stereotypes may cause me to limit my own opportunities.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well

STUDY SKILLS

I can...

Take notes in my classes.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
Keep track of my homework assignments.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
Manage my time, make lists and prioritize.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
Understand ways to manage stress and use them.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
Identify and practice strategies to prepare for tests.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well

CAREERS

I can...

Identify careers that match my interests.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
Use research to figure out whether a career is right for me.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
Present information clearly.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
Ask questions to get more information about a career.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
List reasons to continue my education after high school.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well

MONEY MATTERS

I can...

Understand how advertising affects my spending decisions.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
Use a spending diary to find ways to cut spending.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well

VALUES

I can...

Identify the values that are important to me.	<input type="checkbox"/> not at all	<input type="checkbox"/> somewhat	<input type="checkbox"/> very well
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1. What was your biggest accomplishment in Roads to Success this year? Explain.

2. Describe one way in which you were a valuable member of this class.

3. Describe one thing you'd like to learn more about or improve next year.
