

# Student Development Get Started



Name \_\_\_\_\_

While doing well in your classes is important, high school is about more than getting good grades. To get started thinking about your high school experience, answer these questions.

1.  I very rarely miss school.  I miss too much school.
  
2.  I am not involved in any school activities.  
 I am involved in the following school activities:  
\_\_\_\_\_
  
3.  I'm happy with my grades.  My grades are OK.  I'd like to get better grades.
  
4.  I have too much homework.  My homework is OK.
  
5.  I have a plan for after I graduate.  I don't know what I want to do after I graduate.
  
6.  I get enough sleep.  I need to get more sleep.  
 I eat a healthy diet.  I should improve my diet.  
 I get regular exercise.  I need to get more exercise.  
 I have healthy ways to deal with stress.  I have too much stress.
  
7.  I, or one of my friends, have been bullied at school.  
 My friends and I haven't had any problems with bullying.
  
8.  I am happy with the friends I have.  I find it hard to make friends at school.
  
9.  I have someone at school (teacher, counselor, coach) that I can talk to about a problem.  
 I don't have any adult at school that I would talk to about a problem or concern.

*Do your answers to the above questions suggest areas that you might want to focus on? Regardless of your answers, the resources on the Student Development shelf will give you information that will help you have a rewarding high school experience. Print out the "Your SchoolShelf Progress" page, and use it to identify and keep track of the resources you want to read.*