**Myself and My Environment**

1. I understand why I am happy, sad, excited, bored, etcetera.
   1. Absolutely.
   2. Kind of.
   3. Not at all.
   4. No opinion.
2. This week my confidence levels are …
   1. Tip top
   2. Ok
   3. Bottom of the well.
   4. No opinion.
3. This week I was able to help myself.
   1. Absolutely.
   2. Some of the time.
   3. Barely.
   4. No opinion.
4. This week I was able to find others to help me.
   1. Absolutely.
   2. Some of the time.
   3. Barely.
   4. No opinion.
5. This week I was able to control myself.
   1. Master of my domain.
   2. Mostly.
   3. Occasionally.
   4. Not at all.
   5. No opinion.
6. This week I created, discovered, and/or used strategies to help me with study.
   1. Most definitely.
   2. Pretty not bad.
   3. Sure, why not.
   4. Not remotely.
   5. No opinion.
7. This week I created, discovered, and/or used strategies to help me towards my personal goals.
   1. Most definitely.
   2. Pretty not bad.
   3. Sure, why not.
   4. Not remotely.
   5. No opinion.
8. I made good decisions this week.
   1. For sure.
   2. Most of the time.
   3. Some of the time.
   4. Embarrassed show gaze.
   5. No opinion.
9. I understand the emotions of others.
   1. Quite well.
   2. Pretty not bad.
   3. Sometimes.
   4. Must try harder.
   5. No opinion.
10. This week my empathy was at the …
    1. Buddhist monk level.
    2. Concerned friend level.
    3. Indifferent stranger level.
    4. No opinion.
11. I understand my own cultural identity.
    1. Very well.
    2. Alright.
    3. Pretty ok.
    4. Not so much.
    5. No opinion.
12. This week I was careful with my actions and behaviors when discussing and exploring issues of different cultures.
    1. I’m proud of how I handled this.
    2. Mostly, I did well.
    3. Some good, some bad.
    4. Must try harder.
    5. No opinion.