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**A STARTING POINT PROFILE**

**What do I care about? Who do I want to be? What choices can I make to get there?**

The **Decision Makers** project will help you figure out how to move toward **the person you want to be**..This Starting Point Profile lets you look at your current situation and ask: where am I right now?

The special thing about this plan is that it lets you work on your own journey—

**not as other people see it, but as you see it for yourself.**

So before you start off—and start the Decision Makers project—take a snap shot of your **personal starting point** in these four areas:

1. Who is traveling with me?
2. **What am I working on in my life now?**
3. **What is my situation?**
4. **What would I like to change?**

**Snapshot 1: Who is Traveling with Me?**

Who are the **key people** on the journey with you? And what is your **reason** for naming them? That is, what do they **contribute** to your network of support? (Are they role models, mentors, challengers? Can you turn to them for inspiration, practical advice, recommendations, learning how to….)?

* Write their names and relationship to you here (e.g., Ms. Jones, my community project contact).
* Then describe your reason for including each person, say how, or what it is they contribute to you and your journey.

#### Snapshot 2: What am I Working on in My Life Now?

What is important to you at this point in your life? Think for a moment about some things that matter to you, that you care about, feel committed to, or may even be struggling with. Try to name the values, goals, or problems you are working on in your everyday life. And then say just how you are doing that.

Tip: A **reasoned, reflective decision** includes

* Specific details
* Reasons (because…)
* Rivals ( someone might say…)
* Roadblocks or qualifications ( but, maybe, might…)
* Conditions (if… then…)

|  |  |  |
| --- | --- | --- |
|  | What matters to me?  What values or goals or problems am I working on in my life? | What specific steps am I taking to reach my goals or act on what I care about? |
| In learning and education | (begin typing here) | (begin typing here) |
| In personal and community relationships | (begin typing here) | (begin typing here) |
| In making, budgeting, and using money | (begin typing here) | (begin typing here) |
| In personal time and recreation | (begin typing here) | (begin typing here) |
| In physical, emotional, and sexual health | (begin typing here) | (begin typing here) |

#### C O N G R A T U L A T I O N S!

#### You have just completed Snapshot 2.

Save your progress and continue

#### Snapshot 3: What Is My Situation?

On the road to our dreams and goals each of us has certain **assets** or **resources** that help

us get there. For instance, people may have:

* Financial assets: money in the bank or a computer or a car they own
* Personal assets: the ability to work well on a team – or on their own
* Network assets: connections to people who can help
* Experience assets: previous jobs, school projects, and life experiences

Everyone’s situation is different: you can feel you have lots of resources in some areas.

In other areas you may have no resources or feel like you are on your own.

So what is **your situation**? Answering these questions will help you figure whichassets

are there for you—and which ones you might want to develop.

How well does each of the following situations or descriptions **fit**—on **not fit**—you?

|  |  |  |  |
| --- | --- | --- | --- |
| :::untitled:assessment:test6 | :::untitled:assessment:test3 | **assessment:test4** | **assessment:test5** |
| **1. Not My Situation**  Don’t know. I don’t think so. Doesn’t seem like my situation. | **2. Sort Of Fits**  Maybe that’s sort of true for me sometimes. But not very much. | **3. Fits Pretty Well**  Yes, this describes my situation pretty well, most all the time. | **4. Strongly Fits**  Definitely. This is strongly true in my situation. |

Use the boxes on the right to type in your answer each question based on a rank of 1-4.

Four means “Strongly Fits” and One means “Not My Situation”.

**Select the answer which best describes your situation.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1.** | I am well connected to adults with different backgrounds and experiences who support me. | | | |  |
| **2.** | Given the way my family works, I can always turn to my family as a working resource for good advice and help. | | | |  |
| **3.** | I can easily name some non-parent adults that I can count on to advice and encourage me, both now and in the future. | | | |  |
| **4.** | I am connected to places where young people can play useful roles in the community | | | |  |
| **5.** | I am connected to my community in service to others (for at least one-hour or more per week). | | | |  |
| **6.** | I am in contact with adults that model positive responsible behaviors. | | | |  |
| **7.** | I receive lots of encouragement from parents and teachers who have high expectations for me. | | | |  |
| **8.** | In conversations with adults, I can communicate my goals and my strengths in ways that they can understand. | | | |  |
| **9.** | I consider myself motivated when it comes to school performance even when a subject doesn’t interest me. | | | |  |
| **10.** | I actively go after opportunities to learn new knowledge or skills. | | | |  |
| **11.** | When I face problems at school or at work, I turn to different strategies for communicating with people to handle the situation. | | | |  |
| **12.** | When someone challenges my ideas or beliefs, I feel able to stand up for my ideas and act on my convictions. | | | |  |
| **13.** | I consider myself to be a person that readily takes responsibility. | | | |  |
| **14.** | I have a history of making good choices when it comes to drugs, sex, and alcohol. | | | |  |
| **15.** | I am an active planner of my future. | | | |  |
| **16.** | I have experience dealing successfully with persons of different cultural, ethnic and racial backgrounds. | | | |  |
| **17.** | When I enter unfamiliar situations with people of a different background than mine, I know how to interpret what people mean and how to deal with these situations. | | | |  |
|  |  | | | |  |
| **Not My Situation**  Don’t know. I don’t think so. Doesn’t seem like my situation. | | **Sort Of Fits**  Maybe that’s sort of true for me sometimes. But not very much. | **Fits Pretty Well**  Yes, this describes my situation pretty well, most all the time. | **Strongly Fits**  Definitely. This is strongly true in my situation. | |
| **18.** | I have a history of handling negative peer pressure especially in dangerous situations. | | | |  |
| **19.** | When I face hard choices, I use a decision strategy rather than just waiting to see what happens. | | | |  |
| **20.** | I feel like I have control over things that happen in my own life. | | | |  |
| **21.** | When I look around at my situation and the choices I have made, my feelings about myself are rather good. | | | |  |
| **22.** | When I look at the roads I am taking, I sense my life has a clear purpose. | | | |  |
| **23.** | As for my personal future, I have reasons to feel quite optimistic. | | | |  |

#### C O N G R A T U L A T I O N S!

#### You have just completed Snapshot 3.

#### Snapshot 4 :A letter to myself.

Dear type your name here , I’ve been spending a little time thinking about **a few things that I’d like to change in my life**. So, I am writing to you (to myself!) about **what I want to happen for me** in the next three months. When I read this then, I’ll see how things have gone.

Tip: A **reasoned, reflective decision** includes

* Specific details
* Reasons (because…)
* Rivals ( someone might say…)
* Roadblocks or qualifications ( but, maybe, might…)
* Conditions (if… then…)

|  |  |  |
| --- | --- | --- |
| The first change I’d like to make is to increase my **Network of Support** . | **Here are some steps I think I can take to make that change.** | **I’ll know when I am starting to make progress when …** |
| Who (what kind of person) do you want to add?  (begin typing here) | (begin typing here) | (begin typing here) |
| A second change I’d like to make is work *in a new way* on one of my **Goals or Values.** | **Here are some steps I think I can take to make that change.** | **I’ll know when I am starting to make progress when…** |
| Which one?....  (begin typing here) | (begin typing here) | (begin typing here) |
| A third change I’d like to make is to build the strength of **two Personal Assets** | **Here are some steps I think I can take to make that change.** | **I’ll know when I am starting to make progress when…** |
| Which two did you choose?  (begin typing here) | (begin typing here) | (begin typing here) |

#### C O N G R A T U L A T I O N S !

#### You have completed your Starting Point Profile.

Dr. Linda Flower

Carnegie Mellon University

Pittsburgh, PA 15213

412.268.2863

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