

## Stage 1: Define / Plan

OBJECTIVE	RED	YELLOW	GREEN
Personal 30-second Elevator Pitch	I do not have a personal elevator pitch.	I have a personal elevator pitch but can not clearly articulate it.	I can clearly represent myself in a 30-second elevator pitch.
Sense of Purpose	I do not have a good sense of my strengths and weaknesses.	I know my strengths and weaknesses but do not know how to use them to my advantage.	I have a clear understanding of my strengths and weaknesses and how to use them to my advantage.
Inspiration	I do not seek guidance from Heavenly Father.	I often seek guidance from Heavenly Father but don't feel unified with His will.	I regularly seek guidance from Heavenly Father and do my best to follow His will.
Personal Journal	I do not keep a personal journal.	I occasionally keep a personal journal.	I regularly keep a journal of my thoughts and observations.
Set Realistic, Motivating Financial Goals	I do not set goals.	I set unrealistic goals and/or do not actively work towards achieving them.	I set realistic, motivating goals and actively work towards achieving them.
Hard Work	I do not work hard.	I occasionally work hard if it's something I enjoy.	I am persistent and view myself as a hard worker.
Purpose of College	I do not have a clear understanding of why I am in college.	I have a vague understanding of why I am in college but am not open to new paths.	I know why I'm in college and am open-minded about my major and career paths.
Choosing a Major	I have not selected a major.	I am not sure how my major will contribute to my future success.	I can clearly articulate how my major will contribute to my future success.
Money for College	I do not currently have the financial resources necessary to graduate from college.	I do not currently have the financial resources necessary to graduate from college, but I have a plan.	I currently have the financial resources necessary to graduate from college.



# **Stage 2: Explore / Experience**

OBJECTIVE	RED	YELLOW	GREEN
Lifelong Learner	I do not consider myself a lifelong learner.	I occasionally seek learning beyond the minimum required for college.	I enjoy learning and seek out new opportunities.
New Talents and Interests	I do not take the time to explore new talents and interests.	I occasionally take the time to explore new talents and interests but do not take classes outside of my major.	I regularly take the time to explore new talents and interest and frequently take classes outside of my major.
Decision Making	I do not usually contemplate the consequences of my decisions.	I occasionally consider if my decisions fit with my life goals and purpose.	I regularly contemplate how my decisions fit with my life goals and purpose.
Academic and Professional Resources	I am not aware of the academic and professional resources available to me.	I am aware of the academic and professional resources available to me, but I do not take advantage of them.	I take full advantage of the academic and professional resources available to me
Building My Resume	I do not actively look for opportunities to build my resume.	I occasionally pursue opportunities to build my resume.	I actively pursue opportunities to build my resume.
Coursework	I do not know the coursework needed for my chosen career.	I know the coursework needed for my chosen career but am not fully engaged.	I understand and am fully engaged in the coursework needed for my chosen career.
Physical Fitness and Exercise	Regular exercise is not an important part of my life.	I occasionally exercise.	I exercise regularly and view it as an important part of my life.
Personal Connection to Professor	I do not feel a personal connection to a professor on campus.	I feel a personal connection to a professor on campus but do not actively engage with them about my academic and professional success.	I feel a personal connection to a professor on campus and actively engage with them about my academic and professional success.



## Stage 3: Reflect / Discover / Learn

OBJECTIVE	RED	YELLOW	GREEN
Reflection	I never set aside time to reflect on what I am learning.	I occasionally reflect on what I am learning but don't use those reflections to improve the course of my life.	I regularly reflect on what I am learning and make adjustments as needed.
Recognition	I do not feel recognized for my efforts.	I occasionally receive praise for my efforts.	My efforts and hardwork are regularly recognized.
Determination	I am not determined to reach my goals and I don't work hard to achieve them.	I am somewhat determined to reach my goals.	I am determined to meet my goals and do my best work, even if it seems unimportant.
Not Afraid of Failure	I am afraid of failure and rejection.	I am somewhat afraid of failure and rejection.	I am not afraid of failure or rejection.
Accept Responsibility	I feel blame others for my current circumstances.	I know that I am responsible for my choices but believe that others are responsible for my current circumstances.	I accept full responsibility for my choices and life circumstances.
Managing Unplanned Events	I can't deal with unplanned events in my life.	I deal with unplanned change my don't like them.	I see unplanned events as opportunities for growth and I can make changes quickly when needed.
Sleep	I do not have a regular sleep schedule.	I occasionally get seven hours of sleep a night.	I have a regular sleeping schedule and consistently get seven hours of sleep a night.
Balanced Life	I do not explore satisfying hobbies and extracurricular activities.	I occasionally explore hobbies and extracurricular activities.	I have satisfying hobbies and am regularly engaged in extracurricular activities.
School is Fun	I do not enjoy school.	I enjoy school but can't wait to get out.	I enjoy school and look forward to the opportunities it provides
Surround Yourself with Success	I do not feel connected to people who inspire me to achieve greater things.	I occasionally interact with people who inspire me to achieve greater things.	I am surrounded by and connected to talented people who inspire me to achieve greater things.



# **Stage 4: Experiment, Act, Explore**

OBJECTIVE	RED	YELLOW	GREEN
Advisement	I never ask for help when needed.	I occasionally seek guidance from an academic adviser, family member, or trusted friend.	I regularly seek guidance from an academic adviser, family member, or trusted friend.
Backup Plan	I do hot have a backup plan if my chosen path does not work out	I have started developing a backup plan.	I have a well defined backup plan if my chosen path does not work out.
Focus on Knowledge	I am not happy with my grades and am focused more on getting good grades than on what I am learning.	I am happy with my grades but am focused more on getting good grades than on what I am learning.	I am happy with my grades because I focus more on learning than on getting good grades.
Motivated to Finish	I regularly do not feel motivated to finish college.	I occasionally do not feel motivated and committed to finish college.	I feel motivated and completely committed to finishing college.
Networking	I do not make an effort to build a personal network of connections that will lead to long-term opportunities.	I occasionally make an effort to build a personal network of connections that will lead to long-term opportunities.	I diligently make an effort to build a personal network of connections that will lead to long-term opportunities.
Job or Internship	I am not seeking a job or internship in my desired field of study.	I am currently seeking a job or internship in my desired field of study.	I have a job or internship in my desired field of study.
Social Media Presence	I do not maintain an up-to-date professional social media presence.	My social media presence is up to date but not representative of what I would want an employer to know about me.	My social media presence is up-to-date and representative of what I would want an employer to know about me.



### Stage 5: Share

OBJECTIVE	RED	YELLOW	GREEN
Serve	I am too busy to help others or have other priorities.	I occasionally help others.	I actively look for opportunities to help others achieve success.
School Service Project	I have not participated, and do not plan to participate, in a school sponsored service project.	I am planning to participate in a school sponsored service project and have a specific project in mind.	I have participated in a school sponsored service project.
Good Relationships	I prefer not to build relationships with others.	I maintain, rather than actively build, relationships with others.	I actively seek ways to build relationships with others.
Group Work	I never work in groups for school assignments.	I occasionally work in groups for school assignments.	I regularly work in groups for school assignments.
Living Situation	I do not live with friends and I do not like who I live with.	I am planning on living with friends.	I live with friends.
Romantic Relationship	I do not have, and am not seeking, a healthy romantic relationship.	I am seeking a healthy and stable romantic relationship.	I have a healthy and stable romantic relationship.
Sharing your Thoughts	I never share my thoughts, dreams, interests and experiences with others.	I occasionally share my thoughts, dreams, interests and experiences with others.	I regularly share my thoughts, dreams, interests and experiences with others.
Feedback	I never ask for feedback.	I occasionally ask for honest feedback.	I regularly ask for honest feedback and use it to improve mylife.

What is missing to help students -

- 1. Have a better and more meaningful college experience?
- 2. Develop the soft skills needed for the workplace?
- 3. Develop character traits that will help them be more successful in life?4. Become better contributors to society?