

| <b>B</b>                            | <b>I</b>                            | <b>N</b>                            | <b>G</b>                              | <b>O</b>                            |
|-------------------------------------|-------------------------------------|-------------------------------------|---------------------------------------|-------------------------------------|
| Two careers that interest me.       | Asked a teacher for help            | Given a speech or presentation      | I know about the APS opportunity.     | I have attended a summer program.   |
| Describe the role of a mentor       | Seek out extra credit when I can    | I have talked about my future goals | Been a leader or captain              | I have written a 500-700 word essay |
| I wake myself up in the morning.    | Visited a college campus or want to | <b>FREE</b>                         | Can cook do my laundry<br>#lifeskills | I engage in sports or activities.   |
| I have a strategy to stay organized | I know someone attending college.   | I have a support network.           | I do homework without reminders.      | I have had a job.                   |
| I am able to handle school stress.  | Completed a long-term project       | I have traveled for a school event  | Volunteered for a community project   | Explored a new topic using the web  |

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