

Internal Asset Checklist

If you believe you have any of the following Assets, check the box marked “achieved.” If you wish to target any of the assets, check the box marked “targeted.” If neither applies to you, leave it blank.

COMMITMENT TO LEARNING	<i>TARGETED</i>	<i>ACHIEVED</i>
21. Achievement Motivation - You are motivated to do well in school.		
22. School Engagement - You are actively engaged in learning.		
23. Homework/Work - You report do at least one hour of homework every school day.		
24. Bonding to School/Work - You care about your school.		
25. Reading for Pleasure - You read for pleasure three or more hours per week.		

POSITIVE VALUES	<i>TARGETED</i>	<i>ACHIEVED</i>
26. Caring - You place high value on helping other people.		
27. Equality and Social Justice - You place high value on promoting equality and reducing hunger and poverty.		
28. Integrity - You act on convictions and stand up for your beliefs.		
29. Honesty - You tell the truth even when it is not easy.		
30. Responsibility - You accept and take personal responsibility.		
31. Restraint - You believe it is important to practice safe sex and follow the law.		

SOCIAL COMPETENCIES	<i>TARGETED</i>	<i>ACHIEVED</i>
32. Planning and Decision Making - You know how to plan ahead and make choices.		
33. Interpersonal Competence - You have empathy, sensitivity, and friendship skills.		
34. Cultural Responsiveness - You have knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.		

35. Resistance Skills - You can resist negative peer pressure and dangerous solutions.		
36. Peaceful Conflict Resolution - You seek to resolve conflict nonviolently.		

POSITIVE IDENTITY	<i>TARGETED</i>	<i>ACHIEVED</i>
37. Personal Power - You feel you have control over things that happen to you.		
38. Self-Esteem - You report having a high self-esteem.		
39. Sense of Purpose - You report that your life has a purpose.		
40. Positive View of Personal Future - You are optimistic about your personal future.		