

Name: _____ Date: _____

EVERYTHING IS FIGURE-OUTABLE

What is one thing you're proud of figuring out this year? What made it hard at first?

What's something you know or feel you'll have to figure out next year?

(continued below)

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Choose one SEL competency (list below) that connects to your experience. Explain how it helped you or will help you figure it out:

SEL Competency	Sample Guiding Prompts
Self-Awareness	Did you learn more about yourself while figuring it out?
Self-Management	Did you stay calm, focused, or persistent?
Social Awareness	Did understanding others help you solve it?
Relationship Skills	Did you ask for help or collaborate?