

## Personal Development Rubric

Student understands personal development as a life-long process. Student can demonstrate strategies for physical and psychosocial well-being, as well as personal-responsibility for decisions and behaviors.

### A. Understands value of self-assessment goals.

Behavior Absent	Behavior Emerging	Behavior Developing	Behavior Present
Does not identify personal needs and potentials.  Does not demonstrate goal setting for personal development.	Identifies personal needs and potentials.  Demonstrates goal setting for personal development.	Identifies need for goals.  Implements action plan successfully.  Demonstrates self-awareness and self-motivation.	Demonstrates personal commitment and responsibility by taking action toward goal achievement.  Demonstrates ongoing assessment and evaluation of goals and plans, self-awareness and self-motivation.
<b>0</b>	<b>1 / 2</b>	<b>3 / 4</b>	<b>5</b>

### B. Demonstrates self- management skills and discipline.

Behavior Absent	Behavior Emerging	Behavior Developing	Behavior Present
Does not identify the role of self-management in personal development.  Lacks self-management skills in interpersonal behaviors.	Identifies the role of self-management in personal development.  Identifies appropriate interpersonal behaviors.	Demonstrates recognition and importance of self-growth.  Identifies the value of self-management.  Developing or improving interpersonal behaviors.	Demonstrates appropriate self-management skills.  Demonstrates self-discipline.  Demonstrates appropriate interpersonal behaviors.
<b>0</b>	<b>1 / 2</b>	<b>3 / 4</b>	<b>5</b>

### C. Identifies and utilizes resources.

Behavior Absent	Behavior Emerging	Behavior Developing	Behavior Present
Does not identify resources.	Demonstrates limited knowledge and recognition of resources.	Identifies and utilizes basic resources.	Demonstrates appropriate application of multiple resources.
<b>0</b>	<b>1 / 2</b>	<b>3 / 4</b>	<b>5</b>