

My Age: _____ **My Gender:** _____ **Male; Female** _____

Self-Assessment: Who I Am (Mark "X" for all that apply)

Personal Status:

- _____ Single
- _____ Married
- _____ Separated
- _____ Divorced
- _____ Engaged
- _____ Parent
- _____ Non-Parent
- _____ Employed
- _____ Unemployed

Classification:

- _____ Freshman
- _____ Sophomore
- _____ Junior
- _____ Senior
- _____ Graduate Student
- _____ International Student
- _____ Other

Mindset—My Future Outlook:

- _____ Optimistic
- _____ Depressed
- _____ Fearful
- _____ Short-Term Focus
- _____ Long-Term Focus
- _____ Okay—I've Got a Plan
- _____ Feeling ill-prepared
- _____ Other

Self-Assessment: My Real Life Issues (Mark "X" for all that apply)

- _____ Lack of visible role models or engaged mentors
- _____ My voice is not being heard or my input valued
- _____ Low self-esteem
- _____ Self-Identity (not knowing who I really am)
- _____ No activities where I fit in
- _____ Disrespect for my age group
- _____ Lack of job opportunities for me
- _____ Health issues
- _____ Relationship issues
- _____ Financial issues
- _____ Prior record is an issue in moving on
- _____ Transition issues (moving on)
- _____ Drugs, alcohol, other vices
- _____ Other

Ideas on How to Improve My Situation (Listed below)

Ideas	Resources Needed