

SECTION 4

Directions: *List the important adults in your life*

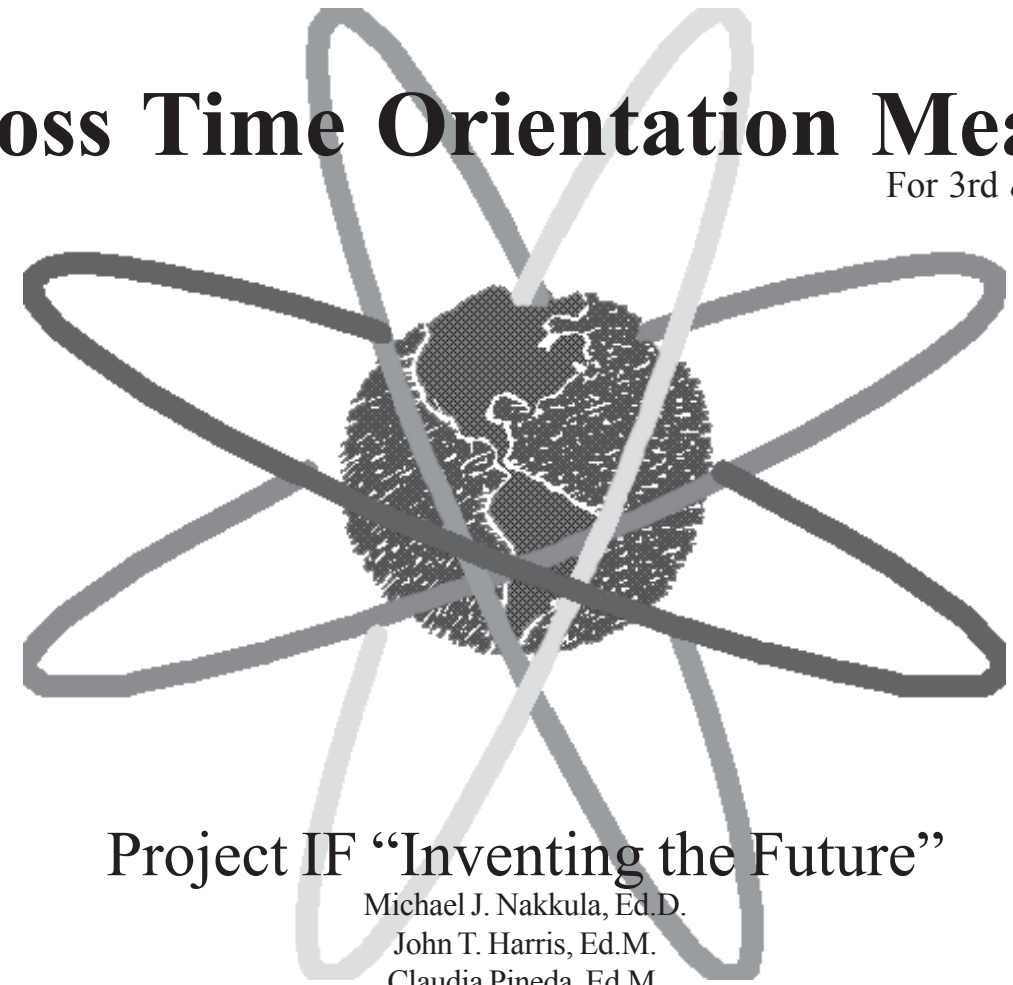
List the important adults in your life, then write what relationship they are to you.

Name:	Relationship:
Name:	Relationship:
Name:	Relationship:
Name:	Relationship:
Name:	Relationship:

Thank You!

Across Time Orientation Measure

For 3rd & 4th Grades



Project IF “Inventing the Future”

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Thank you for taking the time to fill out the Future Orientation Measure. Your answers will help us learn more about how young people like you think about their past, present and future.

Name: _____

Gender: Male Female

Date: _____

Grade: 3rd 4th

School: _____

Homeroom: _____

RACE OR ETHNICITY (optional):

African-American/Black Asian/Asian-American Hispanic/Latino Native American

White Mixed-Race Other: _____

Are you in a mentoring program? No Yes, at school Yes, outside of school

SECTION 1: PRESENT

Step 1: List the experiences that stay strongest in your memory

An experience can be something you did, something that happened in your life, or something that you went through (good or bad). Please list the experiences that stay strongest in your memory by finishing the following sentence in each of the spaces provided. List as many as you can.

One of the EXPERIENCES that stays strongest in my memory is...

	How important is this hope to you?	How much can you control whether it happens?	How sure are you that it will happen?	How much do the important adults in your life care that it happens?
One of the EXPERIENCES that stays strongest in my memory is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of the EXPERIENCES that stays strongest in my memory is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of the EXPERIENCES that stays strongest in my memory is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of the EXPERIENCES that stays strongest in my memory is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of the EXPERIENCES that stays strongest in my memory is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of the EXPERIENCES that stays strongest in my memory is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of the EXPERIENCES that stays strongest in my memory is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of the EXPERIENCES that stays strongest in my memory is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of the EXPERIENCES that stays strongest in my memory is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of the EXPERIENCES that stays strongest in my memory is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4

Step 3: Complete the sentences

Please complete the following sentences the way that makes the most sense to you.

1. One of the most important things I have learned about myself is...
2. One thing about me that has changed since last year is...

SECTION 3: PAST

Step 2: Answer questions about your hopes

This section asks you to answer four questions about each hope you listed. For each question, please circle the number that tells what you think by using the scale below.

1	2	3	4
not at all	a little	PRETTY MUCH	A LOT

3. One thing about my life that I am trying to change is...
4. When I think about my future, I feel...

SECTION 3: PAST

Step 1: List your strongest hopes and worries

A hope is something you want to happen in the future. Please list your strongest hopes by finishing the following sentence in each of the spaces provided. List as many as you can.

<i>One of my strongest HOPES is...</i>	How important was this experience to you?	How glad are you that you had this experience?	How much did you learn from this experience?	How much did you talk about this experience with the important adults in your life?
One of my strongest HOPES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4

SECTION 1: PRESENT

Step 2: Answer questions about your experiences.

This section asks you to answer four questions about each experience you listed. For each question, please circle the number that tells what you think by using the scale below.

1	2	3	4
not at all	a little	PRETTY MUCH	A LOT

Step 3: Complete the sentences

Please complete the following sentences the way that makes the most sense to you.

1. One of my favorite things to imagine is...
2. I am really good at...

3. When I did well, it was usually because...
4. When I think about my past, I feel...

SECTION 2: FUTURE

Step 1: List your strongest interests

An interest can be anything you enjoy or care a lot about. Please list your strongest interests by finishing the following sentence in each of the spaces provided. List as many as you can.

<i>One of my strongest INTERESTS is...</i>	How important is this interest to you?	How much time do you spend on this interest?	How much do you know about this interest?	How much do the important adults in your life care that you have this interest?
One of my strongest INTERESTS is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest INTERESTS is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest INTERESTS is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest INTERESTS is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest INTERESTS is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest INTERESTS is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest INTERESTS is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest INTERESTS is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest INTERESTS is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest INTERESTS is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4

Step 3: Complete the sentences

Please complete the following sentences the way that makes the most sense to you.

1. I am a person who...
2. The best words to describe me are...

Step 2: Answer questions about your interests.

This section asks you to answer four questions about each interest you listed. For each question, please circle the number that tells what you think by using the scale below.

1	2	3	4
not at all	a little	PRETTY MUCH	A LOT

3. I try hard to...
4. When I think about how my life is going, I feel...