

## SECTION 4

### Directions: *List the important adults in your life*

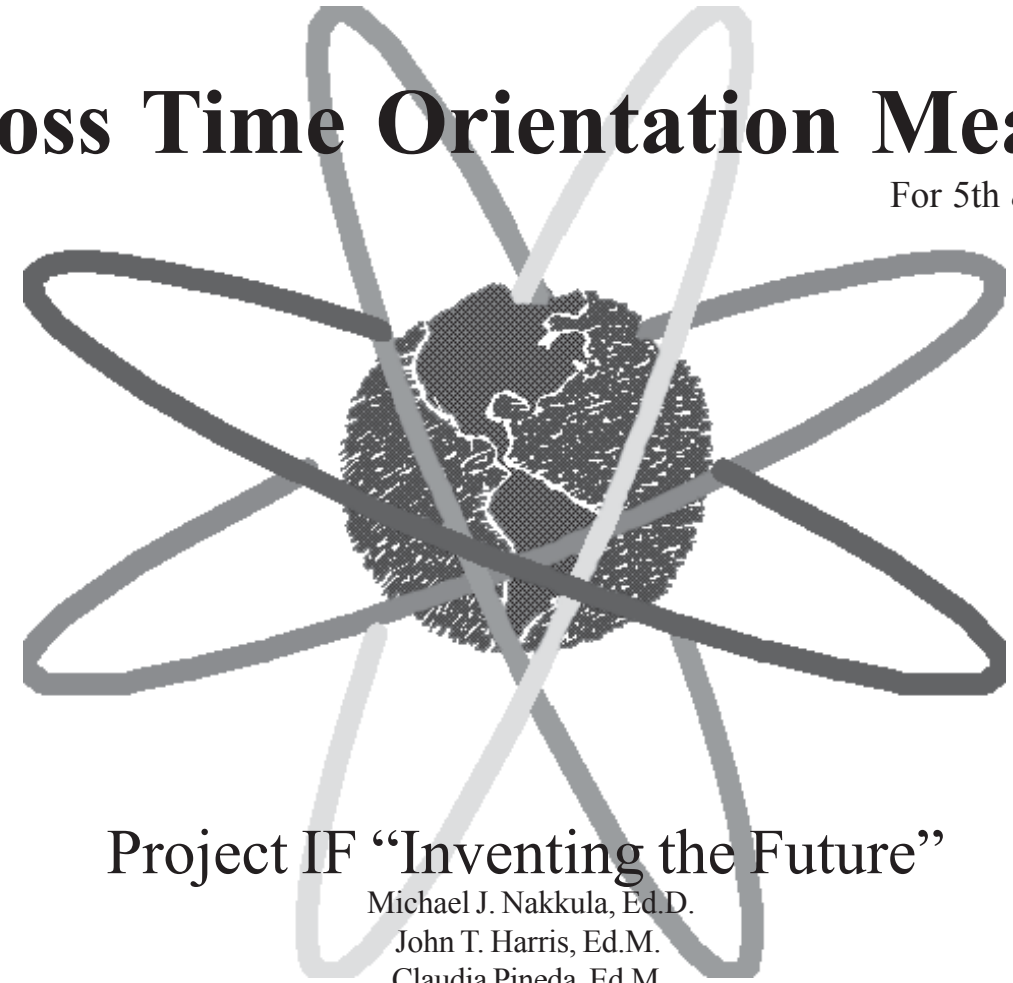
List the important adults in your life, then write what relationship they are to you.

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

# Thank You!

# Across Time Orientation Measure

For 5th & 6th 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:**  5th  6th

**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: PAST

### 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 or worry to you?	How much can you control whether the hope or worry happens?	How sure are you that the hope or worry will happen?	How much do the important adults in your life care whether 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: FUTURE

### Step 2: Answer questions about your hopes and worries.

This section asks you to answer four questions about each hope or worry 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	<b>A LOT</b>

3. One thing about my life that I would really like to change is...
4. When I think about my future, I feel...

## SECTION 3: FUTURE

### Step 1: List your strongest hopes and worries

A hope is something you want to happen in the future. A worry is something you don't want to happen in the future. Please list your strongest hopes and worries by finishing the following sentence in each of the spaces provided. List as many as you can. *Please circle the word "HOPE" or "WORRY" in each sentence to show which you are listing.*

**One of my strongest HOPES / WORRIES is...**

	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 do the important adults in your life care that you had this experience?
One of my strongest HOPES / WORRIES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES / WORRIES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES / WORRIES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES / WORRIES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES / WORRIES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES / WORRIES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES / WORRIES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES / WORRIES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES / WORRIES is...	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
One of my strongest HOPES / WORRIES 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 my favorite things to imagine is... -----
2. I could be really good at... -----

## SECTION 1: PAST

### 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	<b>A LOT</b>

3. In the past, when I did something well it was usually because... -----
4. When I think about my past, I feel... -----

## SECTION 2: PRESENT

### 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 the type of kid 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	<b>A LOT</b>

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