

SECTION 4

Directions: *Complete the sentences*

Please complete the following sentences.

One of the most important things I have learned about myself is...
One of the things that makes me different from other people is...
I am really good at...
I work hard to...
One thing about <i>MYLIFE</i> that I would really like to change is...
One thing about <i>MYSELF</i> that I would really like to change is...
If I continue the way I am going now, I will...
I have learned a lot about my options for the future by...

Directions: *List people who are helping you have what you want for your future*

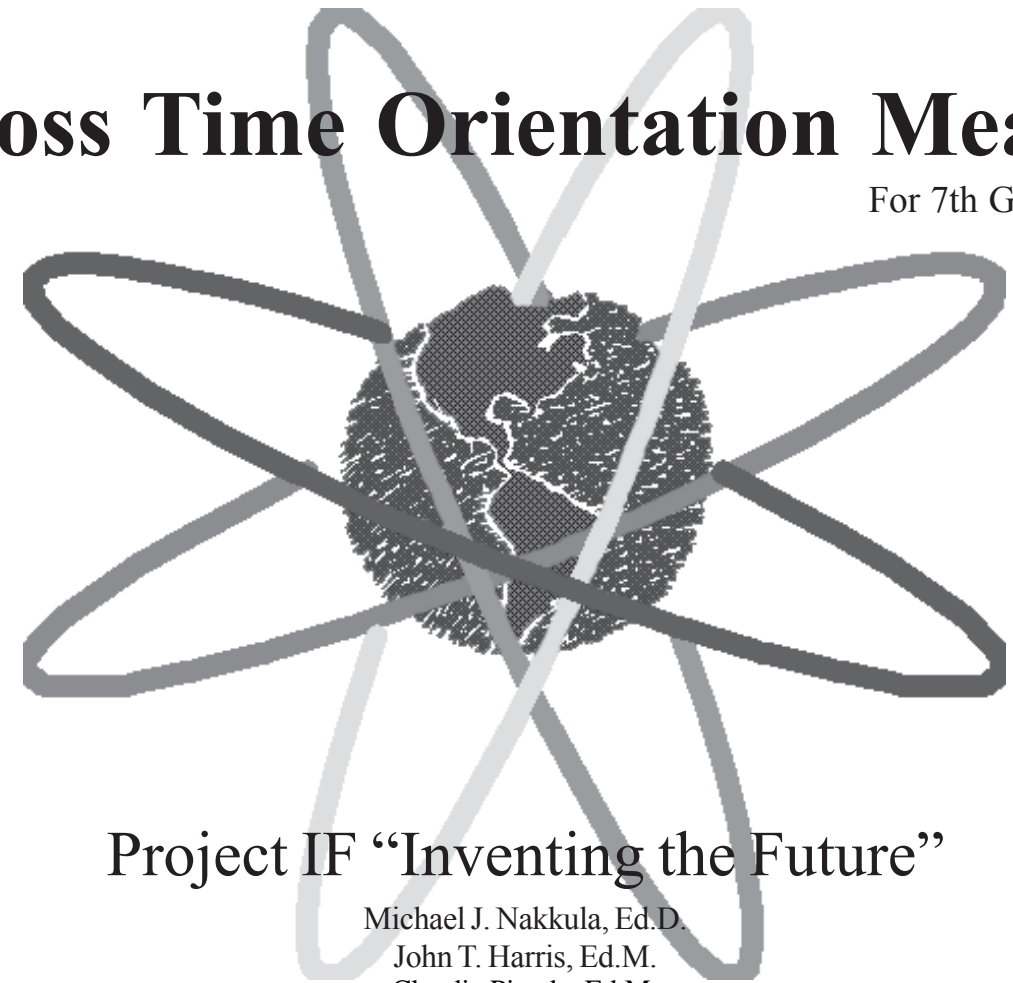
List the people who are helping you most to have what you want for your future, and what relationship they are to you.

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

Thank You!

Across Time Orientation Measure

For 7th Grade & Older



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: 7th 8th

School: _____

9th 10th

Homeroom: _____

11th 12th

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...

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

Step 2: Rank your three most important experiences

Write a “1” in the space next to your most important experience. Write a “2” in the space next to your second most important experience. Write a “3” in the space next to your third most important experience. Only rank your top three.

SECTION 3: FUTURE

Step 3: Answer questions about your most important hopes and worries

This section asks you to answer questions about the hopes and worries you ranked as most important. For questions “a”, “b” & “c”, please circle the number that tells what you think based on the scale below. For question “d,” please complete the sentence in the space provided.

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

For the hope OR worry you ranked MOST important:

- a. How much can you control whether it happens? 1 2 3 4
- b. How sure are you that it will happen? 1 2 3 4
- c. How much do the important adults in your life care whether it happens? 1 2 3 4
- d. This hope OR worry has been on my mind because... _____

For the hope OR worry you ranked SECOND MOST important:

- a. How much can you control whether it happens? 1 2 3 4
- b. How sure are you that it will happen? 1 2 3 4
- c. How much do the important adults in your life care whether it happens? 1 2 3 4
- d. This hope OR worry has been on my mind because... _____

For the hope OR worry you ranked THIRD MOST important:

- a. How much can you control whether it happens? 1 2 3 4
- b. How sure are you that it will happen? 1 2 3 4
- c. How much do the important adults in your life care whether it happens? 1 2 3 4
- d. This hope OR worry has been on my mind because... _____

Step 4: Complete the sentences

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

Compared to the way I am now, I will (in the future) be...
One thing that makes me think I could succeed in the future is...
When I think about my future, I feel...

SECTION 3: FUTURE

Step 1: List your biggest 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 biggest HOPES / WORRIES about the future is...

	One of my biggest HOPES / WORRIES for the future is...
	One of my biggest HOPES / WORRIES for the future is...
	One of my biggest HOPES / WORRIES for the future is...
	One of my biggest HOPES / WORRIES for the future is...
	One of my biggest HOPES / WORRIES for the future is...
	One of my biggest HOPES / WORRIES for the future is...
	One of my biggest HOPES / WORRIES for the future is...
	One of my biggest HOPES / WORRIES for the future is...
	One of my biggest HOPES / WORRIES for the future is...
	One of my biggest HOPES / WORRIES for the future is...

Step 2: Rank your three most important hopes or worries

Think about *ALL YOUR HOPES AND WORRIES YOU LISTED*. Write a "1" in the space next to the hope *OR* worry that is most important to you. Write a "2" in the space next to your second most important hope *OR* worry. Write a "3" in the space next to your third most important hope *OR* worry. Only rank your top three items.

SECTION 1: PAST

Step 3: Answer questions about your most important experiences

This section asks you to answer questions about the experiences you ranked as most important. For questions "a", "b" & "c", please circle the number that tells what you think based on the scale below. For question "d," please complete the sentence in the space provided.

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

For the experience you ranked MOST important:

- a. How much does this experience affect the way you live your life? 1 2 3 4
- b. How much did you learn from this experience? 1 2 3 4
- c. How much do the important adults in your life care that you had this experience? 1 2 3 4

d. This experience was important in my life because... _____

For the experience you ranked SECOND MOST important:

- a. How much does this experience affect the way you live your life? 1 2 3 4
- b. How much did you learn from this experience? 1 2 3 4
- c. How much do the important adults in your life care that you had this experience? 1 2 3 4

d. This experience was important in my life because... _____

For the experience you ranked THIRD MOST important:

- a. How much does this experience affect the way you live your life? 1 2 3 4
- b. How much did you learn from this experience? 1 2 3 4
- c. How much do the important adults in your life care that you had this experience? 1 2 3 4

d. This experience was important in my life because... _____

Step 4: Complete the sentences

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

In the past, the best words to describe me were...
One thing about my past that makes me think I can succeed is...
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 about a lot. Please list your strongest interests by finishing the following sentence in each of the spaces provided. List as many as you can.

One of my strongest interests is...

	One of my strongest INTERESTS is... -----
	One of my strongest INTERESTS is... -----
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	One of my strongest INTERESTS is... -----
	One of my strongest INTERESTS is... -----
	One of my strongest INTERESTS is... -----
	One of my strongest INTERESTS is... -----
	One of my strongest INTERESTS is... -----
	One of my strongest INTERESTS is... -----
	One of my strongest INTERESTS is... -----

Step 2: Rank your three most important interests

Write a “1” in the space next to your most important interest. Write a “2” in the space next to your second most important interest. Write a “3” in the space next to your third most important interest. Only rank your top three.

SECTION 2: PRESENT

Step 3: Answer questions about your most important interests

This section asks you to answer questions about the interests you ranked as most important. For questions “a”, “b” & “c”, please circle the number that tells what you think based on the scale below. For question “d,” please complete the sentence in the space provided.

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

For the interest you ranked MOST important:

- a. How much time do you spend on this interest? 1 2 3 4
- b. How much do you know about this interest? 1 2 3 4
- c. How much do the important adults in your life care that you have this interest? 1 2 3 4

d. This interest is important to me because... _____

For the interest you ranked SECOND MOST important:

- a. How much time do you spend on this interest? 1 2 3 4
- b. How much do you know about this interest? 1 2 3 4
- c. How much do the important adults in your life care that you have this interest? 1 2 3 4

d. This interest is important to me because... _____

For the interest you ranked THIRD MOST important:

- a. How much time do you spend on this interest? 1 2 3 4
- b. How much do you know about this interest? 1 2 3 4
- c. How much do the important adults in your life care that you have this interest? 1 2 3 4

d. This interest is important to me because... _____

Step 4: Complete the sentences

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

The best words to describe me are... -----
One thing about me that could help me succeed is... -----
When I think about how my life is going, I feel... -----