

## R E A C H Assessment Opportunities

These questions would use a Likert Scale. We recommend using:

- 1- Strongly disagree
- 2- Disagree
- 3- Neutral
- 4- Agree
- 5- Strongly agree

**Responsibility** is being aware of expectations, utilizing available resources, and taking ownership for actions. It involves being accountable to self and others through ongoing self-awareness and respectful self-advocacy.



As a result of \_\_\_\_ (program\_or\_event)\_\_\_\_,

- a) I can better make a timely decision using facts and details given to me.
- b) I can better use available resources to help advance my education.
- c) I can better recognize the implications of my decision, including political or ethical sentiments.
- d) I can better identify how others might be affected by the decisions I make.
- e) I am aware of the expectations others have of me.
- f) I can more readily take ownership of my actions and hold myself accountable.
- g) I can better outline the tasks and steps necessary to meet a goal or objective.
- h) I can better determine an action plan in order to achieve a goal or outcome.
- i) I am more comfortable making changes to a plan as necessary in order to achieve a goal or task.
- j) I can better develop goals that are specific, measurable, attainable, realistic and timely.

**Engaged citizenship** is connecting to and serving society for positive impact. It involves embracing cultural differences and maintaining inclusive relationships to improve the well-being of self and others.

As a result of \_\_\_\_ (program\_or\_event)\_\_\_\_,

- a) I can better express how I am connected to my community and society in my role as a citizen.
- b) I can better identify ways to intentionally engage with my community in my role as a citizen.

- c) I can better explain how my actions contribute to positive changes that need to occur within my community.
- d) I can better identify opportunities to make a difference in my community.
- e) I can better understand my civic responsibility to work for positive change on the behalf of others in my community.
- f) I can better discuss how local issues might be impacted by larger, more global perspectives.
- g) I can better describe how my personal actions and decisions might impact society around me.
- h) I am more accepting of people unlike myself.
- i) I make a more conscious effort to maintain inclusive relationships.

An **Active leader** is someone who is flexible, can incorporate divergent views, create options, and motivate others. It involves effectively communicating, connecting and collaborating with others to effect positive change

As a result of \_\_\_\_ (program\_or\_event)\_\_\_\_,

- a) I am better able to respond to changing dynamics or circumstances.
- b) I can process opposing ideas and offer possible solutions.
- c) I am better able to create various options.
- d) I can effectively collaborate with others in order to attain a common goal.

**Critical thinking** is the ability to effectively analyze and synthesize information. It involves purposefully questioning assumptions, clarifying values, and considering others' perspectives to understand the rationale for decisions, values and opinions. It also involves the effective use of qualitative and quantitative skills to solve problems and promote success.

As a result of \_\_\_\_ (program\_or\_event)\_\_\_\_,

- a) I can better process and synthesize information from various sources.
- b) I am able to ask those clarifying questions that help me understand assumptions.
- c) I can better understand varying perspectives of and how these contribute to different opinions.
- d) I am able to incorporate different resources to solve problems.
- e) I can identify the order and steps required to attain a goal.

*Healthy and balanced living* is based on making good decisions in all aspects of life. It involves understanding academic, personal and professional priorities, as well as the impact that choices have on the physical, mental, social and spiritual aspects of well-being.

As a result of \_\_\_\_ (program\_or\_event)\_\_\_\_,

- a) I can better articulate the value of holistic health habits and physical activity.
- b) I can better outline my personal wellness goals.
- c) I can better identify strategies that can help me achieve my personal wellness goals.
- d) I am more committed to living a healthy lifestyle.
- e) I better understand academic, personal and professional priorities.
- f) I can articulate the impact that choices have on the physical, mental, social and spiritual aspects of well-being.
- g) I can better identify strategies that will help me live a balanced life.