

Student's Name _____

Risk-Taking Survey

Take a couple of minutes to reflect on your feelings about risk taking. Decide if you strongly agree, agree, disagree, or strongly disagree for each item. **Remember that there is no right or wrong answer. Share your ideas honestly!** Place a check-mark in the column that matches your feelings.

4 = Strongly Agree 3 = Agree 2 = Disagree 1 = Strongly Disagree

Beginning of the year...

	4	3	2	1
I am willing to try new, challenging tasks frequently.				
I consider the consequences before taking a risk.				
I know the difference between responsible risk taking and thrill-seeking.				
I am willing to take a risk even when success is uncertain.				
I realize that failure is a part of the learning process and provide an opportunity for growth.				

End of the year...

	4	3	2	1
I am willing to try new, challenging tasks frequently.				
I consider the consequences before taking a risk.				
I know the difference between responsible risk taking and thrill-seeking.				
I am willing to take a risk even when success is uncertain.				
I realize that failure is a part of the learning process and provide an opportunity for growth.				

Reflection: What is one area where your feelings changed during the year? What helped change your view?

What is one area that you still need to work on? Why do you think that?

Name: _____

Risk-Taking Student Handout

Directions: Rank these in order of your comfort level with each category, assigning a “1” to the category in which it is easiest for you to take risks and a “4” next to the category in which it is the most difficult for you to take risks.

Intellectual risks _____

Social risks _____

Emotional risks _____

Physical risks _____

Please brainstorm examples of risks that kids your age could safely take.

1.

2.

3.

4.

5.

6.

7.

Think about...

- ✓ What is needed to take any or all of those risks?
- ✓ Is there a skill to learn?
- ✓ Would support from someone else make it possible to take the risk?
- ✓ Do you need to work up to it gradually?
- ✓ Would the risk be easier if you were to take it with someone else or with a group?
- ✓ Are there resources you need?

Give these questions some thought and determine two risks that you would be willing to take this year. Circle these in your list above. Below, you will write out the risk, reflect on what you need to be successful, and receive a teacher signature. After you write this goal, your job is to take these risks during this school year.

One risk I am willing to take: _____

What will you need to be successful? _____

Student Signature: _____

Teacher Signature: _____

A second risk I am willing to take: _____

What will you need to be successful? _____

Student Signature: _____

Teacher Signature: _____

Name: _____

Date: _____

First Risk-Taking Reflection

Directions: Below, please record the risk you chose to take. Then, discuss your risk experience in the form of a thoughtful reflection.

The first risk I chose to take was...

Some guiding questions for your reflection:

- ✓ How did you feel while you were taking a risk?

- ✓ What was the result? Do you feel any different now that you have taken that risk?

- ✓ What prevented you from taking that type of risk before?

✓ Is there anything you would have done differently?

By taking this risk, I achieved my ALP goal.

I did not take a risk, so I was not able to achieve my ALP goal.

Name: _____

Date: _____

Second Risk-Taking Reflection

Directions: Below, please record the risk you chose to take. Then, discuss your risk experience in the form of a thoughtful reflection.

The second risk I chose to take was...

Some guiding questions for your reflection:

- ✓ How did you feel while you were taking a risk?

- ✓ What was the result? Do you feel any different now that you have taken that risk?

- ✓ What prevented you from taking that type of risk before?

✓ Is there anything you would have done differently?

By taking this risk, I achieved my ALP goal.

I did not take a risk, so I was not able to achieve my ALP goal.