

How engaged was I?	Not Engaged	Somewhat Engaged	Engaged	Highly Engaged
<b>Was I interested?</b>	I had no interest in what I was learning or doing.	I was slightly interested in what I was learning and doing.	I was interested in what I was learning and doing.	I was interested in what I was learning. I asked questions and was eager to learn. I didn't want to move on to something different.
<b>Was it important?</b>	The learning and the work didn't seem important to me.	The learning and the work was somewhat important, I put in some effort.	The learning and the work felt important, so I did my best.	The learning and the work felt important. I put in a lot of effort and did my very best.
<b>Did I feel comfortable sharing my thinking and learning? Did I feel authentic -like myself?</b>	I didn't feel comfortable or authentic.	I was slightly comfortable .	I felt comfortable sharing my thinking and learning.	I felt very comfortable and I could be myself the whole time.
<b>Did I feel supportive and a sense of belonging?</b>	I didn't support anyone. They didn't support me either. I felt alone.	I supported others a bit and they supported me a bit.	I supported others' learning and they supported mine. I felt a sense of belonging.	I supported others' learning and they supported mine. I felt a sense of belonging and happiness.
<b>Did I participate and follow directions?</b>	I didn't participate. I was off-task most of the time.	I participated, but I could have stayed on task more.	I participated and followed directions well.	I participated, followed directions well, and was able to help a peer without getting behind.
<b>Did I feel challenged?</b>	I was bored and not challenged the whole time.	I get why we are learning what we are learning, but I don't need to do this again.	I felt challenged - sort of.	I felt challenged and knew this learning/work would benefit me.
<b>Did I feel confident and in charge of my learning?</b>	I was confused and didn't know what to do.	I kind of knew what to do. I was confused at times.	I knew what I was supposed to do and I had everything that I needed to get it done. I felt confident.	I knew what I was supposed to do and I had everything that I needed to get it done. I was able to challenge myself when I wanted. I was confident and successful.
<b>Was this going to help me achieve the goals I have set for myself?</b>	What we were doing wasn't going to help me achieve my goals.	What were doing may help me achieve the goals I have set for myself.	I knew that what we were doing would help me achieve my goals.	I was achieving my goals - exactly as I planned.