













Student Resiliency Tracker

My Roadmap to the Future

Directions: This tool is intended to help you track your progress towards completing the *Success Highways My Roadmap to the Future* (Year 2) lessons and strengthening your resiliency skills. After completing each *Success Highways* lesson, write the date on which you finished the lesson, and fill in the star in the box next to the lesson.

I took the Pre-Assessment on: _____

SUCCESS HIGHWAYS: Year 1	Student Completion:	Teacher Sign-Off:
UNIT ONE - LESSON 1: <i>DEFINING SUCCESS</i>	 Date: _____	
UNIT ONE - LESSON 2: <i>ANALYZING JOBS</i>	Date: _____ 	
UNIT TWO - LESSON 3: <i>FACING CHALLENGES</i>	 Date: _____	
UNIT TWO - LESSON 4: <i>ANALYZING CONFIDENCE</i>	Date: _____ 	
UNIT THREE - LESSON 5: <i>MAKING CONNECTIONS</i>	 Date: _____	
UNIT THREE - LESSON 6: <i>ANALYZING SUPPORT</i>	Date: _____ 	
UNIT FOUR - LESSON 7: <i>HANDLING PRESSURE</i>	 Date: _____	
UNIT FOUR - LESSON 8: <i>ANALYZING STRESS</i>	Date: _____ 	
UNIT FIVE - LESSON 9: <i>FINDING BALANCE</i>	 Date: _____	
UNIT FIVE - LESSON 10: <i>ANALYZING WELL-BEING</i>	Date: _____ 	
UNIT SIX - LESSON 11: <i>SHOWING MOTIVATION</i>	 Date: _____	
UNIT SIX - LESSON 12: <i>ANALYZING MOTIVATION</i>	Date: _____ 	

I took the Post-Assessment on: _____