

# science of success

**Learning Objective:** Each student will learn principles and habits that encourage individual, educational, and financial success.

**Quiz Reflection:**

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**Video Reflection:**

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**Podcast Reflection:**

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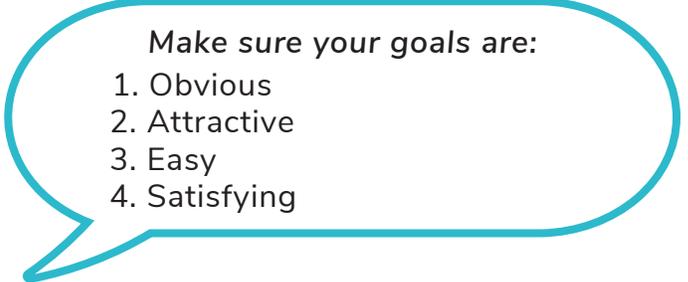
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**Goals:**

**1.**  
What? \_\_\_\_\_  
Why? \_\_\_\_\_  
How? \_\_\_\_\_

**2.**  
What? \_\_\_\_\_  
Why? \_\_\_\_\_  
How? \_\_\_\_\_

**3.**  
What? \_\_\_\_\_  
Why? \_\_\_\_\_  
How? \_\_\_\_\_



Make sure your goals are:

- 1. Obvious
- 2. Attractive
- 3. Easy
- 4. Satisfying

**Final Thoughts:**

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**Not signed up?**  
See your instructor for the opt-in code.

# science of success quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

**1. I get an adequate amount of sleep each night.**

- Never       Rarely       Sometimes  
 Often       Very often

**2. I actively go after what I want.**

- Never       Rarely       Sometimes  
 Often       Very often

**3. I practice mindfulness, meditation and self-care.**

- Never       Rarely       Sometimes  
 Often       Very often

**4. I try to educate myself outside of school and I take advantage of every learning opportunity I have.**

- Never       Rarely       Sometimes  
 Often       Very often

**5. I can practice self-discipline and self-restraint.**

- Never       Rarely       Sometimes  
 Often       Very often

**6. I have clear goals in my mind that I review often.**

- Never       Rarely       Sometimes  
 Often       Very often

**7. I am confident in myself, my ideas and my abilities.**

- Never       Rarely       Sometimes  
 Often       Very often

**8. I have a personal budget that I stick to.**

- Never       Rarely       Sometimes  
 Often       Very often

**9. I have a healthy support system that inspires me (friends, family, mentor, etc.).**

- Never       Rarely       Sometimes  
 Often       Very often

**10. I prioritize keeping myself physically and mentally fit.**

- Never       Rarely       Sometimes  
 Often       Very often

**11. I am more likely to say “yes” than “no.”**

- Never       Rarely       Sometimes  
 Often       Very often

**12. I have a positive attitude.**

- Never       Rarely       Sometimes  
 Often       Very often

**13. I don't give up easily when I encounter struggles.**

- Never       Rarely       Sometimes  
 Often       Very often

**14. I strive to live a well-balanced life (work hard, play hard).**

- Never       Rarely       Sometimes  
 Often       Very often

**15. I regularly get outside of my comfort zone.**

- Never       Rarely       Sometimes  
 Often       Very often

**16. I strive to build meaningful connections with the people that I come in contact with.**

- Never       Rarely       Sometimes  
 Often       Very often

**17. I have a positive attitude.**

- Never       Rarely       Sometimes  
 Often       Very often

Want to learn more about the science of success and other mental health topics?

Visit: [schoolpulse.org/resources](https://schoolpulse.org/resources)



## quiz results

Use your quiz answers to add up your points

**Never = 1 point**  
**Rarely = 2 points**  
**Sometimes = 3 points**  
**Often = 4 points**  
**Very Often = 5 points**

Total Points: \_\_\_\_\_

<b>17-34</b> - moderate indication that you can improve your skills for success	<b>35-50</b> - mild indication that you can improve your skills for success	<b>51-68</b> - moderate indication that you have the skills for success	<b>69-85</b> - strong indication that you have the skills for success
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*These results are not a diagnosis, if you have questions text us at SchoolPulse.*

## confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services or court of law.

I \_\_\_\_\_, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date