

CHARACTER CONTINUUM

A personal reflection on my character development journey

Name: _____ Counselor: _____

Reflection Year:	Freshman Year	Sophomore Year	Junior Year	Senior Year
TRUSTWORTHINESS				
RESPECT				
RESPONSIBILITY				
FAIRNESS				
CITIZENSHIP				
CARING				

Freshman Year:

1. Write your personal definition of what each of the six pillars means to you. Give an example of how people demonstrate the characteristics of each pillar through their actions. (Continue on the back of this sheet.)
2. As you reflect on yourself, which pillar is a particular strength of yours? Why do you feel this way?
3. Which pillar do you struggle with the most? Why?
4. Set a goal for growth in one of the pillars. What concrete steps can you take to meet your goal?

Sophomore Year:

1. Reread your personal definition of the six pillars of character. Expand on your definitions by adding more details in the boxes.
2. Now that you have attended this school for a while, you should be able to give examples of each pillar in action in your school and community. On the back of this sheet, list at least one additional example per pillar.

Junior Year:

1. For each pillar, explain how you have demonstrated its characteristics in your life. Think in terms of your academic growth, your involvement in sports and/or activities, and your personal life.
2. Consider including details on your character development when writing your college essays.

Senior Year:

1. Highlight and celebrate your character achievements over your high school years.
2. How do you plan to transfer your character work to the next phase of your life?

SOURCE: Hinsdale Central High School