

Shooting Star™ Quiz

The Outcomes Star for success in life

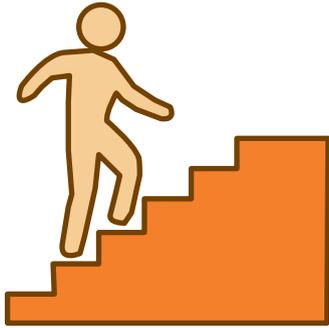
1 Not interested 2 Considering 3 Having a go 4 Working on it 5 Actively enjoying

We are here to help prepare you to achieve what you want in life.

For each of the six questions that follow, choose the statement that best fits for you now.

Aspiration

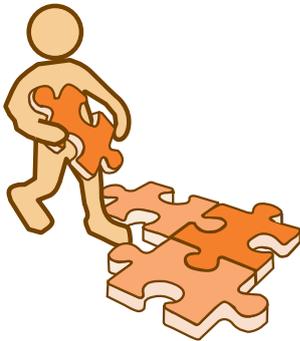
Interested in the things I am doing and determined to do well



- 5 I enjoy the things I am taking part in. I make the most of opportunities and I'm determined to achieve my goals now and in the future
- 4 I am doing lots of interesting things and I like achieving my goals. Sometimes when things go wrong I can't find a solution and give up. Sometimes I don't find the time
- 3 There are things I'd like to do and I give new things a go. I either find it hard to stick with things or I don't have the time
- 2 There may be some interesting things out there for me to do but I wouldn't know where to start
- 1 I can't be bothered. There's nothing around that I want to do

Contribution

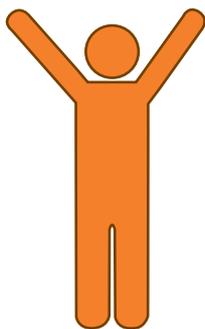
Involved in ways that help others



- 5 I am really enjoying taking part in several activities that help others. It is up to all of us to make a difference
- 4 I get involved and like feeling that my actions make a difference. There is more I could do
- 3 I would like to be involved in helping others, and I sometimes take part in activities, but I find it hard to stick with things or don't have time
- 2 I might get something from getting involved in helping others but I am not sure how or what I could do
- 1 I am not interested in helping others

Confidence

Being my own person



- 5 I'm confident even when my ideas are different from other people's ideas. I know there are things I'm good at and I can overcome challenges
- 4 I believe in myself most of the time and I can see when I'm doing well. But sometimes I lack confidence or feel under pressure
- 3 I try to be my own person but often end up going along with what others say or do – even though it's not what I want
- 2 I want to be more confident but don't know where to start
- 1 I don't feel confident. I'm easily led. I am not the sort of person who achieves things

Learning

Doing my best



If you are a student, choose where you are in relation to school work. If not, this scale is about the learning you are doing in the context in which you are completing the Star

- 5 I am doing all I can and I'm on track to achieve or exceed expectations. I always turn up and I'm never, or rarely, late
- 4 I mostly put in enough effort and I'm making progress. I could do more to challenge myself
- 3 I sometimes make an effort to learn but I find it hard
- 2 I want to make more of an effort but don't know where to start
- 1 I think I am not good at school work or learning. Sometimes I don't show up

People and support

Getting support from those around me to be my best



- 5 There are people who encourage me and support me
- 4 Most of the time there are people who support me to achieve. I spend time with people who think it's important to achieve in life
- 3 I get some support at times but I could do with more. The people I spend time with sometimes take me off track
- 2 I would like to find people to support me but I don't know where to start
- 1 No one gives me any support to do well

Communicating

Getting my ideas across in lots of situations



- 5 I enjoy communicating in most group and one-to-one situations. I am able to challenge, communicate with passion and enjoy sharing my ideas
- 4 I can mostly get my ideas across to a range of people, work in a team and make presentations but I'm not confident in some situations
- 3 I can share my ideas in small groups or with my friends and adults I know
- 2 I would like to communicate better but find it difficult. I find it difficult to work in a team
- 1 I don't speak out. Or I do but it leads to conflict. No one listens to me anyway

Now mark your numbers on the Shooting Star Chart and join the points to make a shape. Have a look at the shape and then think about what you see and talk to someone you trust about how to expand your Star.