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**T-Chart for Improving Adaptability Skills:**

**Grades 9-12**

Select one of the following Adaptability skills. Complete the T-Chart. Then, circle a “Look Like” and “Sound Like” behavior as your focus for improvement.

**Agility:**

* I can anticipate and plan for challenges and obstacles.
* I can use a variety of strategies to solve problems.
* I can learn and grow from situations that pose challenges and obstacles to success.

**Responding to Feedback:**

* I can explain how feedback and resources are used to revise my work.

**Inclusiveness:**

* I understand, respect, and value the diverse perspectives of others.

**When I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it would…**

| **Look like… (Be very specific)** | **Sound like… (Be very specific)** |
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(To be completed at the end of a unit or performance task.)

| **Reflect: How did you improve your ability to demonstrate this skill?** |
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