

Educational Journey Map Instructions

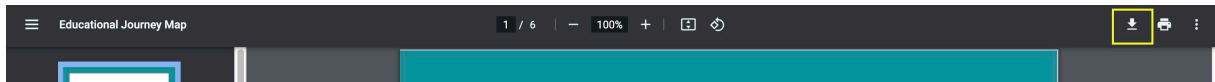
You will add to your Educational Journey Map as you work through the course. Follow these steps to fill it out and save it.

Note: Make sure you are opening the Educational Journey Map in [Adobe Acrobat](#) after downloading.



1. Select **Download** and **SAVE** the PDF to your device.

**Save the file somewhere you will remember. And give it a memorable name.*



2. To fill out the form, select the blue box text fields and begin typing. To choose rating scale options, hover over and select the circle.



3. Remember to **SAVE** the PDF after you've entered any information **every time!**



My Educational Journey Map

Respond to the questions in the provided spaces. You will present information from this document in your slides and narration for the final video assignment. You should complete this page right away. And you'll fill out the rest as you work through the course.

ABOUT ME

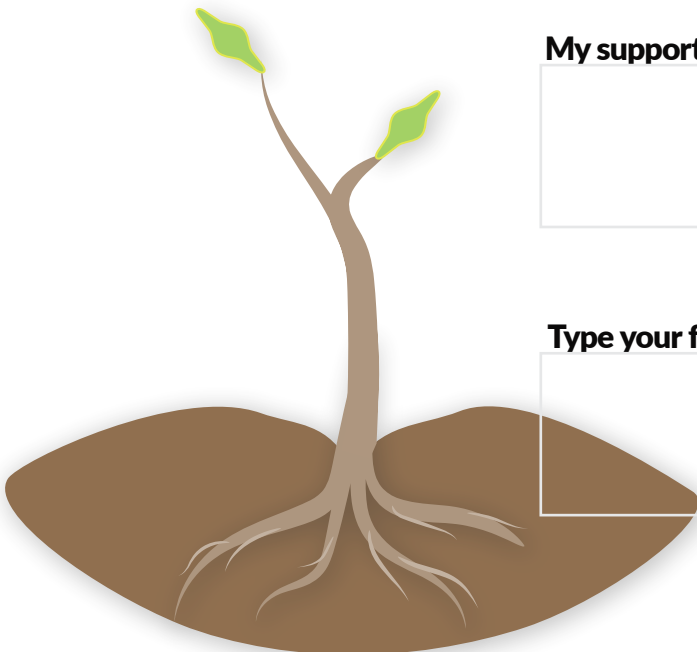


Why are you at Academy and why now?

When do you plan to graduate from Academy?

What/Who is your motivation?

MY SUPPORT SYSTEM



My support system includes:

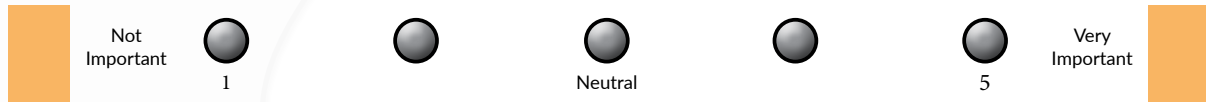
Type your favorite inspirational or motivational quote here:

Understanding and Managing Emotions

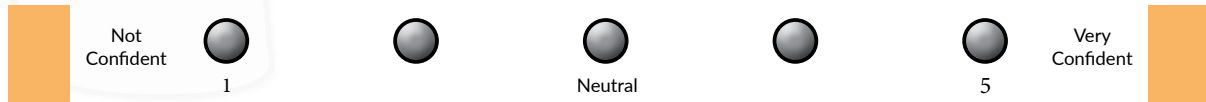
First, write your self-discovery assessment feedback in the box provided and then write 2-3 sentences about what your feedback means to you. Next, write a 2-3 sentence summary describing an example of how you managed your emotions in the past and an example of how you might use what you've learned in this course to manage your emotions in the present.

Feedback	
Past	
Present	

On a scale of 1-5, how important is it to you to improve your ability to manage your emotions?



On a scale of 1-5, how confident are you in your ability to improve the skill of managing your emotions?

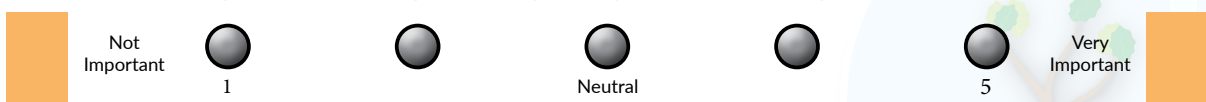


Self-Efficacy

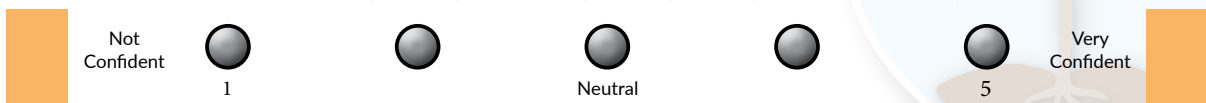
First, write your self-discovery assessment feedback in the box provided and then write 2-3 sentences about what your feedback means to you. Next, write a 2-3 sentence summary describing an example that represents your self-efficacy in the past and an example of how you might use what you learned in this course to improve your self-efficacy in the present.

Feedback	
Past	
Present	

On a scale of 1-5, how important is it to you to improve your self-efficacy?



On a scale of 1-5, how confident are you in your ability to improve your self-efficacy?

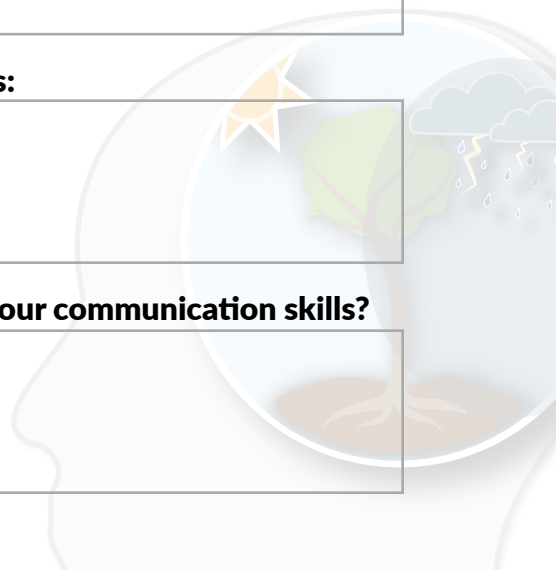


IMPACT OF BIAS

Describe a time when you experienced bias directed towards you:

Describe two strategies you will use to decrease bias toward others:

How will these two strategies, used to decrease your bias, impact your communication skills?



Communication Skills

First, write your self-discovery assessment feedback in the box provided and then write 2-3 sentences about what your feedback means to you. Next, write a 2-3 sentence summary describing an example of how you've communicated in the past and how you might use what you've learned in this course to improve your communication skills in the present.

Feedback	
Past	
Present	

On a scale of 1-5, how important is it to you to improve your ability to communicate?



On a scale of 1-5, how confident are you in your ability to improve your communication skills?



Interpersonal Skills

First, write your self-discovery assessment feedback in the box provided and then write 2-3 sentences about what your feedback means to you. Next, write a 2-3 sentence summary describing an example of your conflict management skills in the past and how you might use what you've learned in this course to improve your conflict management skills in the present.

Feedback	
Past	
Present	

On a scale of 1-5, how important is it to you to improve your interpersonal skills?



On a scale of 1-5, how confident are you in your ability to improve your interpersonal skills?





6. My Ultimate Goal

5. Two Strategies to Bounce Back from Challenges/Failure

4. Resources I Need & Who Can Help Me

3. Adding Evaluation & Reward

2. SMART Goal

1. Why Statement