



Aspirations Profile Coaching Checklist

Use this checklist to help focus your efforts to support students aspirations.
Share and discuss your own strengths and areas for growth with colleagues.

	Area for		
	Strength	Emerging	Growth
Hibernation			
I know which of my students spend most of their time at school in Hibernation.	☐	☐	☐
I know how to support students who are not engaged in school.	☐	☐	☐
I talk one-on-one with students who feel hopeless or lost.	☐	☐	☐
I know what excites and interests all my students.	☐	☐	☐
I employ strategies to help all students feel part of the classroom community.	☐	☐	☐
I help students set small, achievable goals (personal, social, and academic).	☐	☐	☐
Perspiration			
I prioritize student learning over student grades.	☐	☐	☐
I provide opportunities for students to self-assess their work.	☐	☐	☐
I ensure students know <i>why</i> they are learning something.	☐	☐	☐
Students in my class know it's okay to fail and it's good to learn from your mistakes.	☐	☐	☐
I acknowledge student effort and hard work.	☐	☐	☐
I work with my students to develop long-term goals.	☐	☐	☐
Imagination			
I help students make concrete plans to take action to achieve their big dreams.	☐	☐	☐
I ensure students have creative outlets to express themselves.	☐	☐	☐
I encourage students to step outside of their comfort zones to try something new.	☐	☐	☐
I welcome students' ideas and suggestions and ensure they are part of plans for solutions.	☐	☐	☐
I model goal setting and developing action steps.	☐	☐	☐
I share my big dreams and action plans with my students.	☐	☐	☐

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Aspiration

I provide students opportunities to make a difference in the school and/or community.

Area for
Strength Emerging Growth



I share my professional journey and successes with my students.



I provide appropriate challenges related to student goals.



I introduce students to diverse and unique examples of opportunities and options for their futures.



I encourage students to set high goals and support their efforts to achieve those goals.



I provide opportunities for students to mentor each other.



After reflecting on your responses above, complete the following:

- I feel most confident in my ability to support students in the _____ quadrant of the Aspirations Profile.
- I have room for growth in supporting students in the _____ quadrant of the Aspirations Profile.
- I can take the following actions to make a difference for my students in...



Hibernation: _____



Perspiration: _____



Imagination: _____



Aspiration: _____