

CARE Self-Assessment for Grades 6-12

	Beliefs and Behaviors	Evidence
Consideration	<ul style="list-style-type: none">• I am polite and respectful.• I seek to understand the perspectives and feelings of others.• I am thoughtful about how I use shared space.• I show a positive attitude.• I am an active listener.• I take care of resources.	
Appreciation	<ul style="list-style-type: none">• I recognize that I am a member of a community.• I recognize that I benefit from the efforts of others.• I act as a steward of our environment.• I express gratitude.• I value the resources and opportunities the community provides.	
Responsibility	<ul style="list-style-type: none">• I follow through with my commitments.• I adhere to deadlines for my work.• I am punctual.• I communicate effectively.• I accept responsibility for my behavior.• I apologize when I have contributed to conflict.• I act on issues that are important to me or my community.	
Empathy	<ul style="list-style-type: none">• I suspend judgment on others with contrasting viewpoints.• I advocate for the needs of others.• I reach out to include others in work and social groups.• I strive to help others.• I make an effort to imagine how others feel.• I show interest in the well-being of others.	

CARE Rubric for Grades 6-12

	4	3	2	1
Consideration	I take other people's perspectives into consideration even if they contrast with my own. I value good manners and etiquette and use these standards to guide my behavior. In particular, I am aware of when to be quiet and focused in a shared space. I protect resources that others have let me borrow. I show a positive attitude about nearly everything I do.	I generally take other people's perspectives into consideration even if they contrast with my own. I value good manners and etiquette and tend to use these standards to guide my behavior. I generally am aware of when to be quiet and focused in a shared space. I take care of resources that others have let me borrow. I usually show a positive attitude.	Sometimes I take other people's perspectives into consideration even if they contrast with my own. I often struggle in using good manners or am not sure what those manners might be. When I share space with others, I often let my own needs or preferences guide my behavior. I generally try to take care of resources that others have let me borrow. Sometimes I show a positive attitude but can turn negative if something does not go well.	I tend to think that other people's opinions are not as worthy as my own. I care little about manners or have not bothered to learn expected etiquette. When I share space with others, I let my own needs or preferences guide my behavior. I often damage or lose resources that others have let me borrow. I tend to show a negative attitude.
Appreciation	I am part of a community. I recognize when others are considerate, responsible, and empathetic even when it doesn't directly benefit me; and I know that I indirectly benefit from their efforts and caring. I always feel gratitude for this and for the resources and opportunities I am given, and I make a point of expressing that gratitude in a variety of ways. I know that expressing my genuine appreciation helps build relationships and benefits all. I am a steward of both my immediate and the greater environment, even when it is difficult or creates challenges.	I am part of a community. I recognize when others are considerate, responsible, and empathetic; and I know that these attributes benefit everyone. I almost always feel gratitude for this and for the resources and opportunities I am given. I express my gratitude to others, and I know that this helps build strong relationships. I am a steward of both my immediate and the greater environment.	I live in a community, but I don't always feel a part of it. I appreciate when people do nice things for me, but often I think they could be doing more. I thank people because I know it is polite and expected, not because I believe it is necessary or helps build strong, satisfying relationships. I am aware that I should be a steward of my environment and I am when it's easy.	I usually do not feel like part of a community. I believe that when people do nice things for me, it's probably because it benefits them in some way and not because they are trying to help me. I rarely thank people or show appreciation, and I do not believe showing gratitude is necessary in building relationships. I generally feel like the environment is not something for which I need to be responsible.

Responsibility	I only agree to responsibilities to which I can truly commit, and I always follow through with those commitments. I always adhere to deadlines for my work, and I solicit help when necessary. I am punctual. My communication is two-way: I communicate my process and learning clearly with a variety of methods, and I seek clarification and feedback. I reflect on which of my own actions have impeded my success, and I implement a plan to improve. I sincerely apologize when I have contributed to conflict. I act on issues that are important to me or my community.	I follow through with my commitments. I tend to adhere to deadlines for my work. I am punctual. I communicate in a clear and timely manner. I reflect on which of my actions have impeded my success. I apologize when I have contributed to conflict. I sometimes act on issues that are important to me or my community.	I sometimes follow through with my commitments. I sometimes adhere to deadlines for my work. I am often late for classes and appointments. I tend to not go out of my way to communicate about issues. I tend to ignore my part in setbacks. I tend to apologize only when directed to do so. I rarely act on issues that are important to me or my community.	I generally do not follow through with my commitments. I rarely adhere to deadlines for my work. I am regularly late for classes and appointments. I do not go out of my way to communicate about issues. My setbacks are usually other people's fault. I almost always feel I do not need to apologize, or, when I do apologize, I don't mean it. Community issues are not my responsibility.
Empathy	I suspend judgment of others with contrasting viewpoints. When I recognize that someone is unsuccessful at achieving something alone, I advocate for the needs of that person. I often reach out to include others in work and social groups so that they do not feel alone. I think of other ways to help people in order to make their lives easier or more pleasant. I successfully adjust my behavior and communication so that I do not hurt other people's feelings.	I suspend judgment of others with contrasting viewpoints. Sometimes I advocate for the needs of others because they have been unsuccessful. I often reach out to include others in work and social groups so that they do not feel alone. I sometimes think of other ways to help people in order to make their lives easier or more pleasant. I attempt to adjust my behavior and communication so that I do not hurt others' feelings.	I sometimes judge others with contrasting viewpoints. If I see someone struggling alone, I tend to let that person sort it out. I help others on occasion, especially when it is easy. Sometimes I do not care if I hurt other people's feelings.	I often judge others with contrasting viewpoints. I generally do not help other people because I have myself to take care of, it is not my place, or I do not think that I will get anything in return. I do not care if I hurt other people's feelings.