# Think about your work in your group today.

# Do you best to pick just ONE category.

## During today’s group work I was:

☐ **Helpful and More**

* I helped set my group’s work goals today and helped keep the group focused and on track.
* I contributed something very important to the work we did today.
* I listened to other group members today and responded in a helpful way.

☐ **Helpful**

* I helped set my group’s work goals today and stayed focused on them.
* I contributed something important to the work we did today.
* I listened to other group members today.

☐ **Almost Helpful**

* I accepted the work goals that other group members set today.
* I contributed something to the work we did today.
* I talked too much, or I didn’t listen enough to other group members.

☐ **Not Helpful**

* I resisted the work goals we set today and got the group off track.
* I didn’t contribute anything to the work we did today, or I did contribute but the group had to make me do it.
* I distracted the group by what I said and did today.

If you weren’t “helpful and more”, what can you do to be more helpful tomorrow?

Is there anything you want me to know about your group today?