

# Maintain Your Main Character Energy

**Keep the vibes right in the halls,  
in the classroom, and everywhere  
in between.**



School can feel totally different depending on the day — sometimes you're motivated, sometimes you're just trying to get through it, and sometimes you're wondering if anyone even notices what you need. The ABCs of Well-Being are here to help you check in with yourself about three things that matter every day: Agency (your voice and choices), Belonging (feeling accepted for who you are), and Connectedness (having people and activities that support you).

This self-assessment is your space to reflect honestly on how you're doing, what's getting in your way, and what small steps could make school feel more meaningful, welcoming, and aligned with who you are. There are no right or wrong answers—just a chance to understand yourself better and plan your next moves.

# Agency

## Self-Assessment

- When I skip or am super late, is it because I actually can't get to school, or because I don't want to? What activities, clubs or classes would make me more excited to go to school?
- Do I feel like I have to react to every annoying person or situation?
- Do I understand the purpose of the assignment or am I just doing it to get a grade? How can I ask about taking classes or activities that match my interests and future plans?

## Next Steps

- What's the ONE thing I could change tomorrow morning to make showing up something I look forward to?
- What specific rule or situation makes me feel like I have to react, and what could I ask a teacher to change instead?
- What would be the most comfortable way for me to speak up about an assignment I am unsure or confused about? How can I reflect on my progress and speak up about what's not working? How can I tell when I need to ask a teacher a question about my coursework?

# Belonging

## Self-Assessment

- What things exist in school (clubs, certain periods or activities) that will make going to school more fun or purposeful to me?
- Do I feel like I'm being judged or misunderstood because of who I am, how I talk, or where I come from?
- Do I feel judged or misunderstood by my teachers? If so, what do I want my teachers to know?

## Next Steps

- Who's one adult I could check in with when I get here, just so they know I'm safe and present?
- Is there a peer group or club where I can go to feel 100 percent like myself? How can I be respectful when I disagree with a teacher or classmate? Who can I talk to if I feel overwhelmed or stressed out about school?
- What is one thing about my identity or background that I wish my teacher knew that would help them support me?

# Connectedness

## Self-Assessment

- Are there parts of school (assignments, social groups, the way teachers treat me) that make me feel like I don't belong? If yes, who is a safe person I can talk to about it? Do I feel like what I do at school matters to me or my future?
- Am I losing my cool because I feel powerless?
- When I'm stuck on an assignment or failing a class, who is the first adult I reach out to for help, and does their support actually help?

## Next Steps

- What can I change about this assignment (topic, format, style) to make it feel like my assignment? What are some components of the school day - before, during, or after - that would make me feel like school is serving me (activities, clubs, ways to show what I know)?
- Who is the adult I trust the most? Can I check in with them before I get heated about something?
- What club, team, or activity can I join this week to chill out and build real connections, not just follow people on social media?

**Lock in for the graduation win.**

Check out The GRAD Partnership at [www.gradpartnership.org](http://www.gradpartnership.org) and [www.pattan.net](http://www.pattan.net) for additional information.

