We all need to Communicate

**Performance Assessment:** You are a peer “Time Trouper” and throughout the unit you have responded to a series of “Put Yourself in My Shoes” diary/journal entries. Each diary/journal series poses a situation where you, as a Time Trouper, have traveled back to change the outcome of a peer’s life by completing journal entries through your peers perspective while demonstrating communication, self-advocacy, self-management, and decision making skills in relation to creating a balanced lifestyle. As a final assessment you will add your own concluding reflection synthesizing your essential learning.

Reflections will include:
Feelings/emotions regarding other people’s experiences and perspectives?
What are your personal next steps?
What tools and resources might you use toward developing a balanced lifestyle?