

## Self-Assessment C — Activating those "4 Ps and a C" in your thoughts, words, and deeds

### The prompt

Please read the passage below. The story, all names, characters, and incidents portrayed in this scenario are **fictitious**. No identification with actual **persons** (living or deceased), places, buildings, and products is intended or should be inferred.

Following the passage is a series of questions that require your thoughtful response. Please submit your responses below and then reflect in your journal.

### The story

It's Imani's first year at Penn State, and the transition has been difficult. She cannot find anyone who looks like her or comes from where she comes from or speaks her language or eats the kind of food she likes. Everyone around her is rich and has a car and talks really loud about sports or partying. The one thing she can do is the work. In fact, she not only came in at the top of her class, she's staying at the top of every class in every assignment. Deadlines are there for a reason and she follows them, sometimes to the exclusion of eating and sleeping. Imani cannot afford to lose her scholarship and let her family down, and she sure doesn't have any money or time to waste at Penn State. But even though she is okay right now, she knows she is going to crash eventually. No food and no sleep don't work, and she knows that because it's always been hard for her to keep her anxiety in check.

Near the end of the semester...While studying in the common area one evening, Imani mentions to a classmate that she's drinking a little bit here and there and taking extra Adderall. She says she feels better when she drinks, especially when she's around other people. The beer makes it easier to be somebody who doesn't care so much about what other people think. The beer makes it easier to chill out too. Beer is easy to come by and always having Adderall on her has made making friends easier. In fact, she seems to have made a lot of friends lately and she likes sharing something that helps people study. It's exam week after all, and everybody has to study, right?

### The rubric

A successful self-assessment reflection will:

- demonstrate a clear understanding of the story provided for reflection
- share at least one [or more] personal insight about your thought process while completing the self-assessment
- use specifics and examples from the stories and/or prompts to support why you were (or were not) surprised by your thoughts during the self-assessment process