

# ABOUT ME

## Check in

This form allows young people and their coaches/teachers to check in to find out what is working well, what isn't, and if anything has changed for the young person.

Young people and coaches/teachers can meet together to talk through the questions, and make decisions together about any actions that could be taken.

Name: .....

Preferred Name: .....

Have your reasons / motivation for participating changed?

What have you learned or improved in?

What is working well?

# ABOUT ME

## Self-Determination in Community Programs

What are you finding challenging?

Is there anything that could be done differently to support you?

**An important note for program leaders:**

This information should be treated confidentially, and only shared with others with the consent of a young person. Thank you for all you do to encourage and mentor young people – your positive belief in a young person's ability to achieve their goals makes a huge difference.