

"When challenges and skills are in balance,



The activity becomes its own reward."

Talented Teenagers by Csikszentmihalyi, Rathunde, Whalen

What Zone Am I In?

Too Easy

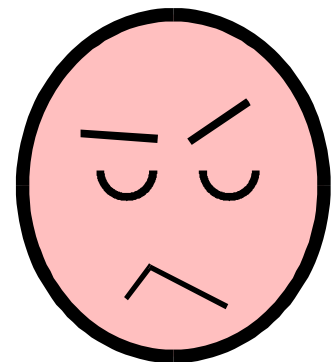
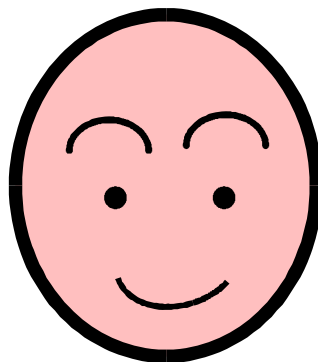
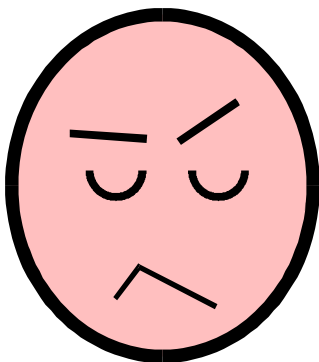
- I get it right away
- I already know how
- This is a cinch
- I'm sure to make an A
- I'm coasting
- I feel relaxed
- I'm bored
- No big effort necessary

On Target

- I know some things
- I have to think
- I have to work
- I have to persist
- I hit some walls
- I'm on my toes
- I have to re-group
- I feel challenged
- Effort leads to success

Too Hard

- I don't know where to start
- I can't figure it out
- I'm spinning my wheels
- I'm missing key skills
- I feel frustrated I feel angry
- This makes no sense
- Effort doesn't pay off



THIS is the place to be

THIS is the achievement zone