**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Congratulations!**

You’ve completed all tasks required of an OPEN 8 Adventure Challenge Champion!

Each challenge was designed to test your skills, knowledge, and perseverance in the areas of physical literacy, 21st century learning and innovation, and global awareness. In order to continue your development in these areas, you must apply purposeful practice principles.

Let’s focus on communication and collaboration skills. Complete the following reflection exercises. If done in a thoughtful and purposeful way, these reflections will help guide your next 21st century adventure!

What is collaboration? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How does your ability to communicate affect the result of a collaborative effort?

Can you formulate a theory to describe how your communication skills contribute to your ability to collaborate with others? How would you test your theory?

First, identify areas of weakness with respect to your ability to collaborate with others. List them in the space below. Second, use the back of this page to design a plan for personal improvement. Your plan must include 2 action items and a specific timeframe.

*Example: #1 – I have a hard time listening to the ideas of others. Action Plan: During the next physical education class, I will ask classmates for their ideas while making plans toward achieving a goal. I will listen careful and then repeat what I heard in my own words.*

***Grit*** *(noun)*

*The combination of passion and perseverance, which allows an individual to continuously develop skill and work toward consistent achievement though a repetitive cycle of purposeful practice and peak performance.*