

Guide Log



Guide Name:

Explorer Name:

Period Reporting:
(Month & Year)

Journey:
(e.g., 1st, 2nd, or 3rd)

Month #:
(e.g., 1 – 12)

I. Relationship Progress: (How are things going with your Explorer?)

II. Observations of Strengths/Challenges: (e.g., Resiliency Traits: social competence, autonomy/identity, problem-solving skills, sense of purpose/future)

III. List this Month's Activities/Outings: # _____
(Please describe each outing below e.g., March 19th: trip to zoo & lunch at Seratella's - 3 hours).

IV. Other: (e.g., comments, concerns, requests for support)

RESILIENCY TRAITS

Social Competence: empathy and caring for others; communication skills (assertiveness, listening, writing, creative expression); cross-cultural competence

Autonomy/Identity: self-efficacy; internal locus of control, mastery; self-awareness; distancing (detaching from negative influences)

Problem-Solving Skills: planning and goal-setting; decision-making; conflict resolution/negotiation; resourcefulness

Sense of Purpose and Future: special interest; imagination; goal-direction; achievement motivation; educational aspiration; persistence; optimism; faith/spiritual connection; coherence/sense of meaning