

Guide Log

(due to Coach by 5th of each month)



Guide Name: Anne Janes

Date: February 3, 2010

Explorer Name: Jamie Smith

Period Reporting: January 2010
(Month & Year)

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

Month #: 3rd
(e.g., 1st – 12th)

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

Jamie seems to be getting more comfortable with me. She smiles when she sees me and is telling me more about school and friends. I notice that she gets quiet on the way home from our outings.

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

Decision-making: Jamie chose our outing to the zoo and paid for the tickets (handed the money to the booth attendant).

Empathy & caring: Jamie talks about her sister a lot and seems very aware of her unhappiness.

III. List this Month's Activities/Outings: # 3

(Please describe each outing specifically e.g., March 19th: trip to zoo & lunch at Seratella's - 3 hours).

1. Jan. 4th: trip to zoo, lunch at Vic's (3 hours)
2. Jan. 12th: bike ride along American River bike trail, picnic lunch (2.5 hours)
3. Jan. 25th: Sac. Youth Symphony, hot chocolate afterward (3 hours)

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

I'm enjoying getting to know Jamie. We've talked about going to the snow to go sledding—it would be her first time. Is it too soon for this type of outing? Also, what can I do about the quietness on the rides home? It kind of ends the day on a low note.

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