



Choosing the right Challenge for you



**Sheffield
Hallam
University** | Centre for
Science
Education



Choosing the right Challenge for you

Making your choice

Name

This activity is all about choosing a realistic challenge to rise to over the next few weeks, and possibly months. Challenges come in all different forms, some can be easy to achieve whereas others can be much harder to achieve. It is important that you should choose a challenge that is right for you.

What challenges are you facing?

1

2

3

4

How important are these challenges to you?

Award your most important challenge **7 points**, the next most important **5 points**, with **3 points** for the third most important to you, and lastly award **1 point** for the least important challenge to you.

1

2

3




4








How ready are you to face these challenges?


Challenge 1

						
1	2	3	4	5	6	7

Challenge 2

						
1	2	3	4	5	6	7

Challenge 3

						
1	2	3	4	5	6	7

Challenge 4

						
1	2	3	4	5	6	7

Tick appropriate box



How confident are you at being successful at your challenges?




Challenge 1

						
1	2	3	4	5	6	7


Challenge 2

						
1	2	3	4	5	6	7

Challenge 3

						
1	2	3	4	5	6	7

Challenge 4

						
1	2	3	4	5	6	7

Tick appropriate box





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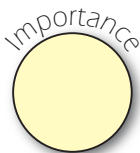
Choice selector

In the table, write your scores for each of your potential challenge areas. Calculate this by adding your scores together.

Challenge no.	Challenge name	Importance score	Readiness score	Confidence score	Total score
1		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
4		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Looking at your above results which challenge are you going to choose to attempt? Record your information in the chart below.

Challenge name



Teacher Signature

Student Signature

Date





Choosing the right Challenge for you

Record Sheet

My Challenge log

Personal progress so far

Date

Student Signature

Trusted Adult Signature

My Challenge log

Personal progress so far

Date

Student Signature

Trusted Adult Signature





Choosing the right Challenge for you

My Challenge log

Personal progress so far

Date _____

Student Signature

Trusted Adult Signature

My Challenge log

Personal progress so far

Date _____

Student Signature

Trusted Adult Signature





Choosing the right Challenge for you

My Challenge log

Personal progress so far

Date _____

Student Signature

Trusted Adult Signature

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Choosing the right Challenge for you

My Challenge log

Personal progress so far

Date _____

Student Signature

Trusted Adult Signature

My Challenge log

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