



SUPPORTING AUTONOMY SELF-ASSESSMENT TOOL

BACKGROUND & RESOURCE GUIDE: HOW TO USE THIS TOOL

The significant cognitive, social, and emotional changes that happen during the middle school years make this a key window of opportunity for promoting long-lasting, positive learning and development. But in their current state, many middle schools are missing opportunities to provide young people with the support and tools they need to succeed in school and life.

Remaking Middle School has identified four essential developmental domains within the middle school years that are important to the cognitive, social/emotional, and academic success of all students. These areas are:

- Supporting autonomy
- Fostering belonging
- Advancing competence
- Promoting identity

The following simple self-assessment tool, covering the first domain of Supporting Autonomy, is designed for educators and youth-serving professionals working to support young adolescents.

The questions, answer key, and explanations in this self-assessment are based on the breadth of current research about adolescent development during the middle school years.

The intent of this tool and accompanying resources is to provide a quick, interesting way to learn about how to better align teaching practices, curricula, and school culture with the developmental needs of middle schoolers.

Building from this assessment in the series, Remaking Middle School will produce self-assessments for the other three developmental domains.

After the Quiz: Learn More

At the end of the quiz, we provide the Answer Key and examples of how you can bring core principles of Supporting Autonomy to life.