



## Identifying My Fears at School Chart

Category*	Fear Example	1 or more strategies for how to mitigate this fear
ex. Educational/ Academic	<i>I worry that my students will not reach their learning goals despite my best efforts, and that even though I am teaching them important social-emotional and critical thinking skills, I am not equipping them with the content they need to succeed on college readiness tests.</i>	<i>-Express my concerns to my department and seek feedback/support from them -Incorporate 1 mini-lesson/week with college readiness content</i>
Educational/ Academic		
Emotional		
Physical		
Relational		
Career/Future		

In three or more sentences, please respond to the following questions:  
Which fear category do you find yourself most afraid of? How do you typically respond in these situations, and how could you respond differently in the future?

\*Adapted from *Risk. Fail. Rise.* by M. Colleen Cruz (2021)