

## My Outward Bound Moment

How did you experience adventure or overcome a challenge as a student at GCCS? Describe a time when you struggled, demonstrated growth mindset, and embraced the character traits/ design principles on the journey. You may want to start with a physical adventure and then connect it to a social/ emotional or academic example, describing the grit, grapple, and gratitude you experienced along the way.

Take a moment to remember and reflect: make a list of field studies, projects or events that tested your physical, mental and / or social-emotional learning.

What I remember...	Why it matters...

Choose one event and focus in:

<p>What was hard about this?</p>	
<p>How did you deal with it at first? How did you get through it?</p>	
<p>What role did growth mindset have in your success? Explain.</p>	
<p>What character traits or Design Principles applied here? Choose two and provide specific examples. How did they transfer and connect to academic work?</p>	

<p>How does gratitude fit into your narrative? Explain how you grew from this experience.</p>	
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Notes: