

Strength Snapshot

Helping students bring identity into high school.

Starting high school often focuses on what students need to improve.

This tool shifts the focus to who they already are — and what helps them thrive.

Before we plan support, we notice strengths.

My Strength Snapshot

Personal Strength (How I show up in the world)

Caring • Persistent • Creative • Brave • Loyal • Responsible

Learning Strength (How I learn best)

Visual learner • Hands-on • Strong memory • Step-by-step • Quiet focus

Social Strength (How I connect with others)

Good listener • Inclusive • Funny • Supportive • Thoughtful

When I feel safe, I can...

When I feel safe and supported, I can:

- Follow routines
- Ask for help
- Try something new

- Work independently
- Join group activities
- Stay calm when things change

What I Want My New Teachers to See

One strength I want my new teachers to see:

One support that helps me show this strength:

Every student has strengths worth celebrating.

Candice Moorgas — Challenges Behind Acceptance © 2026