

BELIEVE IN YOU

Academic Language

— Empowerment Journal Glossary —

Acceptance (*noun*) A feeling that you are received and embraced as a part of a group or community.

Anxiety (*noun*) A feeling of worry or nervousness about a future event or something that is uncertain at the time.

Awe (*noun*) A feeling of deep respect mixed with wonder.

Awesome (*adjective*) Inspiring deep respect, appreciation, fear, or wonder.

Believe (*verb*) To accept something as true. To have faith in the dependability of something or someone.

Commitment (*noun*) A feeling of dedication or obligation to a cause, activity, person, group, or community.

Distraction (*noun*) A feeling that prevents someone from giving full attention to something.

Empowerment (*noun*) The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

Encouragement (*noun*) A feeling of support, confidence, or hope.

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Enthusiasm (*noun*) An energized feeling of enjoyment and interest.

Fear (*noun*) An uncomfortable feeling caused by a belief that danger is likely to cause physical or emotional pain.

GREAT Goal (*noun*) The object of a person's effort and focus created using a specific planning system. GREAT goals have 5 parts. The goal's name; the reason for the goal; the efforts required; your accountability partners; and time for success.

Grit (*noun*) A mixture of passion and perseverance for long-term goals.

Heal (*noun*) 1. To become healthy again. 2. To correct a wrong.

Interest (*noun*) A feeling of wanting to know or learn about something.

Involvement (*noun*) A feeling of being a part of or participating in an activity, group, or community.

Joy (*noun*) A feeling of content happiness.

Kindness (*noun*) A feeling that causes a person to act in a friendly, generous, and considerate way toward others.

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Motivation (*noun*) A feeling of wanting to know or learn about something.

Optimism (*noun*) A feeling of hopefulness and confidence about the future or the success of something.

Positive (*adjective*) Having constructive or optimistic characteristics.

Potential (*noun*) The ability to become or develop into something in the future.

Preparation (*noun*) The process of getting ready for an event.

Purpose (*noun*) 1. The reason that something is done or has been created. 2. A person's feeling of determination.

Purposeful Practice (*noun*) Repeated exercises or actions that are focused on building a specific skill or content knowledge.

Relaxation (*noun*) A restful state that is free from tension and anxiety.

Support (*verb*) 1. To give help. 2. To be actively interested in the success of a person, group, or community.

Surprise (*noun*) An immediate feeling of mild shock caused by something unexpected.

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Trust (*noun*) A feeling that you can rely on or believe something or someone.

Truth (*noun*) The quality of being factual and real.

Unique (*adjective*) 1. Being the only one of its kind; unlike anything else. 2. Remarkable, special, or unusual.

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Acceptance

(noun)

A feeling that you are received and embraced as a part of a group or community.

I felt the **acceptance** of my teammates after the first day of practice.

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Anxiety

(*noun*)

A feeling of worry or nervousness about a future event or something that is uncertain at the time.

I don't like the **anxiety** that I feel when I'm not prepared for a quiz.

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Awe
(*noun*)

A feeling of deep respect
mixed with wonder.

I felt a sense of **awe** as I watched the
thunderstorm roll through my neighborhood.

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Awesome

(adjective)

Inspiring deep respect,
appreciation, or wonder.

The band concert was an **awesome** experience.
I felt a deep appreciation for the talent and
dedication of the musicians.

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Believe

(*verb*)

To accept something as true.
To have faith in the
dependability of something
or someone.

I **believe** that most people in my community are kind and that they care about the well-being of students.

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Commitment

(noun)

A feeling of dedication or obligation to a cause, activity, person, group, or community.

My **commitment** to academic success can be seen in my focus and hard work.

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Distraction

(noun)

A feeling that prevents someone from giving full attention to something.

I know my phone is a cause of **distraction** for me, so I turn off my notifications while I'm studying.

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Empowerment

(noun)

The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

Mr. Hart is teaching us that **empowerment** is important because every student can work to make our school community a stronger and more positive place to live.

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Encouragement

(noun)

A feeling of support,
confidence, or hope.

I felt **encouragement** from my teacher, which helped me stay motivated and focused on doing my very best.

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Enthusiasm

(noun)

An energized feeling of enjoyment and interest.

Everyone can see my **enthusiasm** for art because of the time and focus I give to my artwork.

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Fear

(*noun*)

An uncomfortable feeling caused by a belief that danger is likely to cause physical or emotional pain.

My **fear** of public speaking makes it challenging to do class presentations.

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GREAT Goal (*noun*)

The object of a person's effort and focus created using a specific planning system.

GREAT goals have 5 parts —
(1) the goal's name; (2) the r reason for the goal; (3) the efforts required; (4) your accountability partners; and (5) time for success.

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Grit

(noun)

A mixture of passion and perseverance for long-term goals.

Learning from home is a challenge, but my **grit** helps me stay focused and determined to do the best I can.

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Heal

(noun)

1. To become healthy again.
2. To correct a wrong.

I will work to help our country **heal** from the impact of the coronavirus pandemic.

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Interest

(noun)

A feeling of wanting to know or learn about something.

My **interest** in medical technology helps me stay focused in science class.

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Involvement

(noun)

A feeling of being a part of or participating in an activity, group, or community.

I want my **involvement** in student government to help empower my friends and classmates.

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Joy
(*noun*)

A feeling of content
happiness.

I used to take spending time with my
classmates for granted. Now it brings me **joy**.

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Kindness

(noun)

A feeling that causes a person to act in a friendly, generous, and considerate way toward others.

It's important for us all to show as much **kindness** as we can to our friends, family, and classmates.

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Motivation

(noun)

A feeling of wanting to know or learn about something.

Personal health and disease prevention is my **motivation** to be physically active every day.

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Optimism

(*noun*)

A feeling of hopefulness and confidence about the future or the success of something.

I'm looking forward to this school year with **optimism** and will focus on being the best student I can be.

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Positive (*adjective*)

Having constructive or optimistic characteristics.

My **positive** attitude is a choice that I make every day.

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Potential

(noun)

The ability to become or develop into something in the future.

I have the **potential** to change the world and make it better.

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Preparation

(noun)

The process of getting ready
for an event.

My **preparation** for tomorrow's quiz
will help me feel less anxious.

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Purpose

(*noun*)

1. The reason that something is done or has been created.
2. A person's feeling of determination.

A part of my **purpose** in life is to help my friends and family feel empowered and optimistic.

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Purposeful Practice

(*noun*)

Repeated exercises or actions that are focused on building a specific skill or content knowledge.

Learning how to cook like a professional chef takes focus and **purposeful practice**.

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Relaxation

(noun)

A restful state that is free from tension and anxiety.

I felt complete **relaxation** while I was listening to music through my headphones.

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Support (*verb*)

1. To give help. 2. To be actively interested in the success of a person, group, or community.

I am here to **support** my friends and classmates as they work every day to get better.

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Surprise

(*noun*)

An immediate feeling of mild shock caused by something unexpected.

Seeing my friends at the park was a **surprise**, and I was happy and grateful that they were there.

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Trust

(noun)

A feeling that you can rely on or believe something or someone.

I **trust** my teachers to do their best to help me learn.

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Truth

(*noun*)

The quality of being factual and real.

I can write the **truth** about how I feel in my journal because it's a safe place for me to express myself.

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Unique (*adjective*)

1. Being the only one of its kind; unlike anything else.
2. Remarkable, special, or unusual.

I am a **unique** person with something great to share with the world.