

# 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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## Academic Language

**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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## Academic Language

**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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## Academic Language

### 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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## Academic Language

### 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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## Academic Language

### 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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## Academic Language

### 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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## Academic Language

# 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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## Academic Language

# 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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## Academic Language

### 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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## Academic Language

### 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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## Academic Language

### 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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## Academic Language

### 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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## Academic Language

### 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.