



# RISE

## Compass Daily Depth Prompt System

(Fill in the Blank)

A structured AI-powered framework for student identity, resilience, and growth.

Post this on the board



# Compass Check-In (3–5 Minutes)

Today, you must copy and complete **ONE** of these prompts before submitting your response.

## 1 Identity Prompt

"Compass, I am trying to become someone who is \_\_\_\_\_. What is one action I can take today that matches that identity?"

## 2 Emotion Regulation Prompt

"Compass, today I am feeling \_\_\_\_\_ because \_\_\_\_\_. How can I respond in a way that aligns with my best self?"

## 3 Decision-Making Prompt

"Compass, I need to decide whether I should \_\_\_\_\_. What are the long-term consequences of each choice?"

## 4 Resilience Prompt

"Compass, something that challenged me recently was \_\_\_\_\_. How can I grow from this instead of being defined by it?"

## 5 Relationship Prompt

"Compass, I am struggling with \_\_\_\_\_ in a friendship/family situation. How can I respond maturely and respectfully?"

## Student Requirements

# What Students Must Do

01

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### Fill in the blanks

Complete the prompt with personal, honest responses at their comfort level.

03

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### Screenshot or copy the response

Capture Compass's guidance for reflection and documentation.

02

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### Paste the full question into Compass

Submit the completed prompt to receive a personalized response.

04

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### Write 2–3 sentence reflection

"What part of Compass's response stood out to me?"

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## Why This Works

You're doing three things:

**1. Removing random question space**

**2. Anchoring to SEL competencies**

**3. Requiring personal ownership**

They can't hide behind "tell me a joke" because the structure requires self-disclosure (at their comfort level).

## ● If You Want Even Stronger Depth

# Strengthening the Structure

Add this rule:

- ❑ Questions must be about **YOU, YOUR decisions, or YOUR growth**. Not about celebrities, jokes, or random trivia.

You could even say:

"Compass is your growth assistant, not your entertainment assistant."

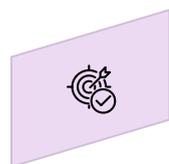
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## ● Advanced Version (For Older Students)

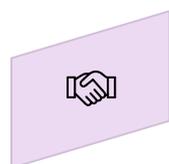
Create a rotating weekly theme:



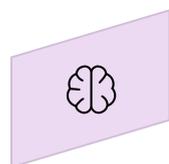
**Monday: Identity**



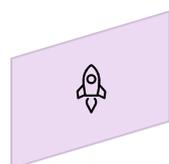
**Tuesday: Discipline**



**Wednesday: Relationships**



**Thursday: Emotional Control**



**Friday: Future Self**

Now Compass becomes part of a **predictable growth rhythm**.

# The Deeper Truth

Here's the deeper truth:

Students engage deeply when:

- The expectation is clear.
- The structure feels safe.
- The purpose feels real.

They won't automatically go deep. **They need a runway.**

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**This is a small adjustment — but it will completely change the depth of engagement.**

This is where Compass shifts from "chat tool" to **growth engine**.

Below is a complete system you can implement immediately:

**1. 30 Meaningful Compass Prompts (Student-Ready)**

**2. Simple Reflection Rubric**

**3. Gamified "Compass Points" System**

You can copy this directly into Google Docs or Classroom.



# RISE COMPASS QUESTION BANK

(Students must choose ONE daily)

## ◆ IDENTITY (1–6)

1

"Compass, what does someone who is disciplined do when they don't feel motivated?"

2

"Compass, I want to become someone who \_\_\_\_\_. What daily habit would support that?"

3

"Compass, how do I act like the person I want to become instead of the person I feel like today?"

4

"Compass, what identity might be holding me back right now?"

5

"Compass, how do I rebuild my identity after making a mistake?"

6

"Compass, what is one small action today that aligns with my best self?"

## ◆ EMOTIONAL CONTROL (7–12)

7. "Compass, I am feeling \_\_\_\_\_. What is a mature way to respond?"

8. "Compass, how do I calm myself down before reacting?"

9. "Compass, what's the difference between reacting and responding?"

10. "Compass, why do strong emotions sometimes lead to poor decisions?"

11. "Compass, how can I train my emotions instead of being controlled by them?"

12. "Compass, what can I tell myself when I feel disrespected?"

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## ◆ RESILIENCE (13–18)

13. "Compass, something hard I'm facing is \_\_\_\_\_. How can I grow from it?"

14. "Compass, how do setbacks build strength?"

15. "Compass, what mindset helps people recover faster from failure?"

16. "Compass, how do I stop one bad day from becoming a bad week?"

17. "Compass, what's the difference between quitting and adjusting?"

18. "Compass, how do I build mental toughness?"

## ◆ RELATIONSHIPS (19–24)



### 19. Handling Conflict

"Compass, how do I handle conflict without making it worse?"



### 20. Emotional Maturity

"Compass, what does emotional maturity look like in friendships?"



### 21. Feeling Left Out

"Compass, how do I respond when I feel left out?"



### 22. Earning Respect

"Compass, how can I earn respect instead of demanding it?"



### 23. Healthy Boundaries

"Compass, what are healthy boundaries?"



### 24. Rebuilding Trust

"Compass, how do I apologize in a way that rebuilds trust?"

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## ◆ FUTURE & DECISION-MAKING (25–30)

### → 25.

"Compass, how do small decisions shape my future?"

### → 26.

"Compass, what would my future self thank me for doing today?"

### → 27.

"Compass, how do I think long-term instead of short-term?"

### → 28.

"Compass, how do I stop procrastinating?"

### → 29.

"Compass, what habits create success over time?"

### → 30.

"Compass, how do I stay focused when others aren't?"



# COMPASS REFLECTION RUBRIC

## Simple & Clear

Each response must include:

**1. The prompt used**

**2. A summary of Compass's response (2–3 sentences)**

**3. Personal reflection (2–4 sentences)**

Score	Level	Description
● 4	Deep Reflection	Clearly explains Compass advice. Connects it to personal life. Shows honest thought and growth. Specific examples included.
● 3	Solid Reflection	Explains advice accurately. Some personal connection. Shows understanding.
● 2	Surface Reflection	Repeats Compass response. Minimal personal insight.
● 1	Incomplete	Short, vague, or unrelated. No personal application.

**You can grade quickly — it's about depth, not grammar.**



# Compass Points Rewards System

Earn Points. Level Up. Unlock Rewards.

Students earn Compass Points for completing daily prompts with depth and honesty.

## ★ 5 Points — Rising Star

Homework pass or 5 minutes free time

## ● 15 Points — Growth Leader

Lunch with the teacher or positive call home

## 🏆 30 Points — RISE Elite

Feature on the class Wall of Excellence + certificate of achievement

## ● 10 Points — Compass Navigator

Sit anywhere day or choose your seat for a week

## ● 20 Points — Resilience Champion

Extra credit on any assignment or drop lowest grade

## ☀️ 50 Points — Compass Legend

Special recognition + personalized growth report sent home

📅 Points reset each quarter. Bonus points awarded for exceptional depth or helping a peer reflect.