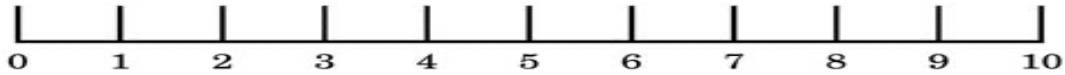


BPN Barometer

How much do **you** feel autonomy, competence, and relatedness when participating in your community? Mark your current satisfaction in black on a scale from 0 to 10. Mark how much you want to feel it by the end of this semester in another color.

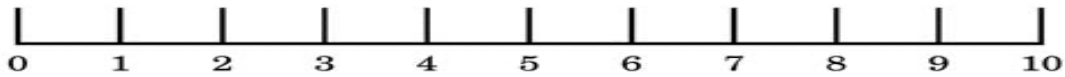
Autonomy



Notes:

Notes:

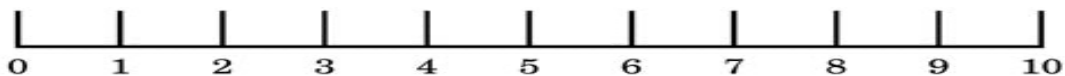
Competence



Notes:

Notes:

Relatedness



Notes:

Notes:

Reflection Questions:

- What do you notice about the scale?
- Have you thought about your feelings when participating in your community? How about your community members? Is there anything that you would like to try to increase their sense of autonomy, competence, and/or relatedness?