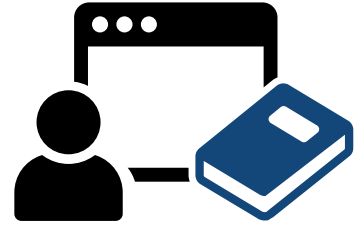


## ACTIVITY 4

# Personal Evaluation



**Directions:** Show how often you do the following by putting the corresponding number in the box.

Name \_\_\_\_\_ Date \_\_\_\_\_

**Work Confidence**    **Never = 1**    **Rarely = 2**    **Sometimes = 3**    **Often = 4**    **Very Often = 5**

- |    |  |                          |
|----|--|--------------------------|
| 1. | I raise my hand to answer a hard question.         | <input type="checkbox"/> |
| 2. | I work hard without asking for help.               | <input type="checkbox"/> |
| 3. | I share a new idea with teacher and class.         | <input type="checkbox"/> |
| 4. | When it comes to taking exams, I stay pretty calm, | <input type="checkbox"/> |
| 5. | I am confident when doing my work.                 | <input type="checkbox"/> |
|    | <b>Subtotal</b>                                    | <input type="checkbox"/> |

**Social Confidence**    **Never = 1**    **Rarely = 2**    **Sometimes = 3**    **Often = 4**    **Very Often = 5**

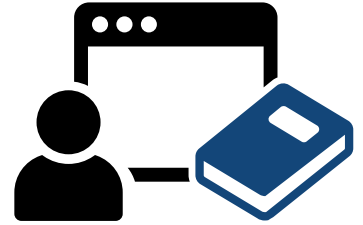
- |     |   |                          |
|-----|---|--------------------------|
| 6.  | I say what I think even if others disagree or criticise me. | <input type="checkbox"/> |
| 7.  | I am proud of who I am.                                     | <input type="checkbox"/> |
| 8.  | I am good at making conversations.                          | <input type="checkbox"/> |
| 9.  | I find it easy to make new friends.                         | <input type="checkbox"/> |
| 10. | I am confident when meeting new people.                     | <input type="checkbox"/> |
|     | <b>Subtotal</b>   | <input type="checkbox"/> |

**Persistence**    **Never = 1**    **Rarely = 2**    **Sometimes = 3**    **Often = 4**    **Very Often = 5**

- |     |  |                          |
|-----|--|--------------------------|
| 11. | I keep on trying even when schoolwork is hard.           | <input type="checkbox"/> |
| 12. | I concentrate well when working.                         | <input type="checkbox"/> |
| 13. | I check my work when finished to make sure it's correct. | <input type="checkbox"/> |
| 14. | When I feel like giving up, I don't.                     | <input type="checkbox"/> |
| 15. | I am persistent in doing my work.                        | <input type="checkbox"/> |
|     | <b>Subtotal</b>  | <input type="checkbox"/> |

## ACTIVITY 4

# Personal Evaluation



**Organisation** Never = 1 Rarely = 2 Sometimes = 3 Often = 4 Very Often = 5

16. I make sure I understand exactly what I have to do (e.g., the teacher's instructions) before I begin working.
17. At the beginning of a term or when working on an assignment, I set some clear goals about what I want to achieve.
18. I write down assignments and when they have to be completed.
19. I plan when I will do work, so I have enough time.
20. I am organised in doing my work.
- Subtotal**

**Getting Along** Never = 1 Rarely = 2 Sometimes = 3 Often = 4 Very Often = 5

21. I work cooperatively with others.
22. I listen and do not interrupt when someone else is speaking.
23. When someone is mean to me, I talk it out or tell an adult rather than fighting.
24. I follow important rules.
25. I get along with others.
- Subtotal**

**Resilience** Never = 1 Rarely = 2 Sometimes = 3 Often = 4 Very Often = 5

26. When I get a bad result on a paper or test and feel down, I bounce back pretty quickly.
27. When I get upset for a period of time, I find someone I trust to talk to.
28. When someone is mean to me or acts unfairly and I get upset, I am good at bouncing back pretty quickly.
29. When I get very upset, I am good at controlling my behaviour, so I don't fight or withdraw for too long.
30. I can calm down pretty quickly when I do get very upset.
- Subtotal**

**Tip:** On your computer keyboard, tap 'enter' or 'return' to complete your Score Card below.

### Score Card

Work Confidence

Persistence

Getting Along

Social Confidence

Organisation

Resilience