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| **Name:** | **Date:** |
| **Course:** | **Teacher:** |

**DIRECTIONS**: Evaluate each statement as it pertains to this course. Please respond as truthfully as possible, so that you can make an accurate assessment of your progress and set realistic goals for future improvement.

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| **Study Skills** | **Never** | **Rarely** | **Often** | **Always** |
| I complete all assignments on time and to the best of my ability. |  |  |  |  |
| I read the examples in the textbook and copy them in my notes. |  |  |  |  |
| I take thorough notes during class. |  |  |  |  |
| I review my notes at home after each class, and rewrite them if necessary to fill in any missing details. |  |  |  |  |
| As I work on homework or review my notes, I make a list of things I do not understand so that I can ask about them in class. |  |  |  |  |
| I show each step when solving problems. |  |  |  |  |
| I try to do homework problems on my own first, then refer to my notes and/or textbook if necessary. |  |  |  |  |
| When studying for an assessment, I know what I need to study. |  |  |  |  |
| I study with another student or small group of students when preparing for a test. |  |  |  |  |
| I review my quizzes and tests, correcting problems that I missed. |  |  |  |  |
| I get at least six to eight hours of sleep per night. |  |  |  |  |

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| **Test-Taking Skills** | **Never** | **Rarely** | **Often** | **Always** |
| When handing in assessments, I can accurately predict what my grade will be. |  |  |  |  |
| I have enough time to complete my assessments. |  |  |  |  |
| I check all of my answers before handing in my assessments. |  |  |  |  |
| Although I feel prepared for an assessment beforehand, when I have the paper in front of me, my mind goes blank. |  |  |  |  |

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| **Organizational Skills** | **Never** | **Rarely** | **Often** | **Always** |
| I keep important papers in a safe place so I don’t lose them or forget where I put them. |  |  |  |  |
| I write down my assignments every day. |  |  |  |  |
| I keep my notebook well-organized. |  |  |  |  |
| I know in advance when my next assessment will be. |  |  |  |  |

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| **Attention** | **Never** | **Rarely** | **Often** | **Always** |
| I pay attention during class. |  |  |  |  |
| I stay focused when doing my schoolwork at school. |  |  |  |  |
| I stay focused when doing my schoolwork at home. |  |  |  |  |

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| **Self-Advocacy** | **Never** | **Rarely** | **Often** | **Always** |
| I feel good about myself and about my abilities. |  |  |  |  |
| I ask questions in class when I don’t understand something. |  |  |  |  |
| I do my own work. |  |  |  |  |
| I seek after school help with my teacher when I need it. |  |  |  |  |

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| **Classroom Environment** | **Never** | **Rarely** | **Often** | **Always** |
| I feel comfortable in my classroom. |  |  |  |  |
| I feel comfortable with my seating location. |  |  |  |  |
| I get along with my classmates. |  |  |  |  |
| I feel comfortable with my teacher’s teaching style. |  |  |  |  |

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| **My Strengths:** |

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| **My Challenges:** |

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| **My Goals:** |

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| **My Strategies for Reaching My Goals:** |