

# Post Assessment

Thank you for participating! The following survey will measure students' knowledge surrounding essential skills for college and career readiness. Information gathered here will help our counseling team learn more about our students' ability to assume responsibility for the organization of their school work, practice self-discipline, and aim to achieve in high-quality results and outcomes in school work.

These answers will be kept confidential. They will not be shared outside the counseling department, and we encourage you to answer honestly.

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\* Required

1. Name \*

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2. Grade \*

*Check all that apply.*

- 6th
- 7th
- 8th

## Survey Questions

3. I am confident I can set an achievable goal.

*Check all that apply.*

- Strongly Agree
- Agree
- Neutral
- Disagree

4. I'm confident in my ability to balance studying so no one day or part of school feels like "too much"

*Check all that apply.*

- Strongly Agree  
 Agree  
 Neutral  
 Disagree  
 Strongly Disagree

5. I understand the importance of prioritizing tasks and time management \*

*Mark only one oval.*

- Strongly Agree  
 Agree  
 Neutral  
 Disagree  
 Strongly Disagree

6. I keep track of my assignments and other upcoming projects \*

*Check all that apply.*

- Strongly Agree  
 Agree  
 Neutral  
 Disagree  
 Strongly Disagree

7. I know strategies that help me manage stress.

*Check all that apply.*

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

8. When I'm struggling, I know how to contact the counselor for support

*Check all that apply.*

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

9. I understand that goal setting and organization are two strategies that will help me succeed in middle school and beyond.

*Check all that apply.*

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

10. Things I appreciated about this class lesson

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11. Things about the class lesson I would change

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