

# Self Assessment

This is your opportunity to look at your characteristics and interest to assess your own learning-style

\* Required

## 1. List your Strengths \*

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## 2. List your Weaknesses \*

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## 3. My notes are always organized in and easy to find. \*

Mark only one oval.

1	2	3	4	5		
very much like me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	not like me at all

## 4. I always write down my assignments in my planner and review it to ensure all my work is complete. \*

Mark only one oval.

1	2	3	4	5		
very much like me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	not like me at all

## 5. I always finish my work in a timely manner and rarely need time extensions \*

Mark only one oval.

1	2	3	4	5		
very much like me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	not like me at all

**6. I always engage with class by asking questions, taking notes, and participating in discussions.\***

Mark only one oval.

	1	2	3	4	5	
very much like me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	not like me at all

**7. How often do you look at your planner/calendar? \***

Mark only one oval.

- Daily
- Every Other Day
- Weekly
- Every Other Week
- Monthly
- Never / Sporadically

## Case Scenarios

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Which of the following statements best describe how you would be in the given scenario

**8. Case 1: Its the night before a big exam \***

Mark only one oval.

- I am overwhelmed with anxiety to the point of being not wanting to face the next day.
- I am stressed out because I do understand the concepts and need more time.
- I am somewhat prepared but exhausted from spending hours cramming for the exam.
- I have been preparing for the past few days. So, I simply review my flashcards, notes, and homework before getting a good night's rest.

**9. Case 2: Approaching a new or difficult problem \***

Mark only one oval.

- Visualize : I use pictures, graphs, or tables to reason through the problem
- Auditory: I discuss the problem with another person to articulate my thoughts
- Kinesthetic: I use my hands or body to navigate to an answer.
- Tactile: I arrange props like apples and oranges to construct my answer.

**10. Case 3: You are in the face of failure academic, atheltic, or personal. \***

Mark only one oval.

- I accept my failure with grace and learn from my mistakes so I can always try my personal best
- I am disappointed, but I easily move on because I tried my best and had a good time.
- I am upset, but hide my emotions and dwell because I demand perfection.
- I am very upset and channel my energy in a negative manner.

**11. What do you like to do in your free/leisure time? \***

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**12. What extra-curricular activities have you or are you interested in joining? \****Check all that apply.*

- Academic Clubs - Academic Decathlon, Academic Bowl, Mu Alpha Theta, Chemistry Olympiad, Clean Tech Competition, Poetry Contest, EconChallenge, Educators Rising, etc.
- Arts - Drawing, Painting, Animation, Photography, Sculpture, Mix-Media, Installation, Jewelry Making, etc.
- Cultural & Language - African American Student Alliances/Clubs, American Sign Language Club, Chinese Club, French Club, German Club, International Food Club, Latin Club, South Asian Student Society, Spanish Club, Student Diplomacy Corps, etc.
- Community - Key Club, 4-H, Kids helping Kids, etc.
- Government & Leadership - SGA, Model UN, Debate Team, etc.
- Media - Yearbook, School Newspaper, Website Design, Radio Broadcast
- Military - ROTC, Civil Air Protrol, Ropes Course, etc.
- Music - Choir, Marching Band, Concert Orchestra, Glee Club, etc.
- Performance Art - Theater, Dace, Puppetry, Comedy, Poetry, Film etc.
- Religion - Church groups, Fellowship of Christian Athletes, Jewish Student Union, Missionary work
- Roleplaying/Fantasy - Gaming, Dungeons & Drags, Reenactment clubs, etc.
- Social Activism - Disease Awareness, LBGT, Amnesty International, etc.
- Sports & Recreation - team sports, camping, boy/girl scouts, etc.
- Crafts - Quilting, Sewing, Special interests etc.
- Technology - YouTube Channel, Blogging, Coding
- Volunteering - Adopt-a-Highway, Red Cross, Habitat for Humanity, etc.
- Other: \_\_\_\_\_

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