**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Self Assessment of Learning Skills.**

Respond to the following statements, be as honest as possible!

**R = Rarely**

**S = Sometimes**

**U = Usually**

**C = Consistently**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Self-Regulation & Behaviour*** | **R** | **S** | **U** | **C** |
| I identify & pursue goals independently. |  |  |  |  |
| I assess my own work |  |  |  |  |
| I am able to choose an appropriate learning environment |  |  |  |  |
| My Teacher doesn’t need to monitor me. |  |  |  |  |
| My Teacher doesn’t need to manage my behaviour |  |  |  |  |
| I use growth mindset  |  |  |  |  |
| I demonstrate independent skills. |  |  |  |  |
| I follow directions and complete all assignments. |  |  |  |  |
| I put forth consistent effort. |  |  |  |  |
| I seek clarification when needed. |  |  |  |  |
| My behaviour never disrupts the classroom environment. |  |  |  |  |
| I use Teacher feedback to improve. |  |  |  |  |
| I can identify my own strengths and weaknesses. |  |  |  |  |
| I begin my work right away. |  |  |  |  |
| I concentrate on my own assignments. |  |  |  |  |
| I never daydream in class. |  |  |  |  |
| **Total Number in each column** |  |  |  |  |
| ***Studying Skills & Test Anxiety*** | **R** | **S** | **U** | **C** |
| I take notes as I read my textbook |  |  |  |  |
| I take notes in class |  |  |  |  |
| I rewrite or type my notes for studying |  |  |  |  |
| I compare notes with a classmate |  |  |  |  |
| I study for long periods and take short breaks before returning to studying. |  |  |  |  |
| I know how I study best. |  |  |  |  |
| I eat breakfast every day. |  |  |  |  |
| I get enough sleep. |  |  |  |  |
| I study in an area with few distractions. |  |  |  |  |
| I study a small amount each night over a period of time before a test or exam |  |  |  |  |
| I have all of my supplies handy when studying |  |  |  |  |
| I have a study playlist. |  |  |  |  |
| I quiz myself on material that could appear on the test. |  |  |  |  |
| I study with a classmate, buddy, or group |  |  |  |  |
| Other activities do not interfere with my studying. |  |  |  |  |
| When I don’t understand something I ask before the test (the day before) |  |  |  |  |
| My notes are never difficult to understand. |  |  |  |  |
| I know how to pick out the most important information in my textbook & notes. |  |  |  |  |
| Tests do not make me nervous |  |  |  |  |
| When I get to the test I am confident in the material. |  |  |  |  |
| I use memory tricks to help me remember the material |  |  |  |  |
| **Total Number in each column** |  |  |  |  |
| ***Organization*** | **R** | **S** | **U** | **C** |
| I write down all assignments and activities on a calendar or day planner. |  |  |  |  |
| I use a “to do” list to accomplish tasks |  |  |  |  |
| I can find all of my assignments at all times. |  |  |  |  |
| I never lose my binders or assignments. |  |  |  |  |
| My binders have clear labels, dividers, and I know what is in them |  |  |  |  |
| I clip all assignments into my binders. |  |  |  |  |
| My locker is neat and orderly. |  |  |  |  |
| I bring all materials to class. |  |  |  |  |
| I prepare all of my school materials and pick out my clothes the night before school. |  |  |  |  |
| My room at home is neat enough that I can find everything quickly. |  |  |  |  |
| I keep track of my grades. |  |  |  |  |
| I pack a healthy lunch the night before school. |  |  |  |  |
| I bring all materials home that I need to complete assignments. |  |  |  |  |
| I ask all questions before leaving class so that I know what to do. |  |  |  |  |
| I always know what assignments are going to be due. |  |  |  |  |
| I know where all assignments should be handed in. |  |  |  |  |
| My work areas are neat. |  |  |  |  |
| **Total Number in each column** |  |  |  |  |
| ***Time-Management*** | **R** | **S** | **U** | **C** |
| I am able to juggle many commitments. |  |  |  |  |
| I have enough time to eat breakfast in the morning. |  |  |  |  |
| I finish all assignments the day or night before they are due. |  |  |  |  |
| I start projects and papers as soon as they are assigned. |  |  |  |  |
| I use my class time effectively. |  |  |  |  |
| I never have late assignments. |  |  |  |  |
| I never have to “cram” or “rush” an assignment the night before it is due. |  |  |  |  |
| I use a “to do” list to order my most important tasks |  |  |  |  |
| I do little pieces of my assignments each night, or study for small periods of time. |  |  |  |  |
| I have enough time for school and fun. |  |  |  |  |
| I know how long an assignment will take me. |  |  |  |  |
| I complete the tasks I set out for myself. |  |  |  |  |
| I can break larger projects into smaller tasks |  |  |  |  |
| I hand everything in on time. |  |  |  |  |
| **Total Number in each column** |  |  |  |  |