

Strategies Pre-Assessment Name _____ Period _____

This survey will be used to determine where you are in various categories of your life. You will take this again at the completion of the course. Your results are for my use only and will not be shared with other class members. This will count as a class work assignment.

Please place a number from 0 to 10 after each comment with “0” meaning you could use improvement in this area and “10” being meaning that you’re comfortable at your current level. Put n/a if the category does not apply to you.

1. How do you handle frustration? _____
2. How would you rate your level of happiness? _____
3. How would you rate your ability to deal with stress? _____
4. How would you rate your ability to get along with your parents? _____
5. With your teachers? _____
6. With other people your age? _____
7. With your employer? _____
8. With your co-workers? _____
9. How patient are you? _____
10. How concerned are you with other people’s well being? _____
11. How would you rate yourself in terms of being self centered? _____
12. How would you rate your level of self-esteem? _____
13. How would you rate your school grades? _____
14. How would you rate your ability to step out of your comfort zone? _____
15. How would you rate your comfort with your appearance? _____
16. How would you rate your communication skills? _____
17. How would you rate your confidence level? _____
18. If you had to give your life an overall rating, what would it be? _____

What would you most like to learn by taking this class?

What changes do you most want to make in your life?
