

Pre-Assessment for the Life Skills 25 Self-Development Series

Name: _____

Date: _____

To the Student: Please complete the following statements to the best of your ability.

1. My self-description: _____

2. Positive things about me: _____

3. I'm confident I can: _____

4. Things that affect me emotionally: _____

5. Ways I can minimize conflict: _____

6. My major stressors: _____

7. My reaction to constructive criticism: _____

8. Failures I can change to successes: _____

Pre-Assessment for the Life Skills 25 Achieving Personal Goals Series

Name: _____

Date: _____

To the Student: Please complete the following statements to the best of your ability.

1. My interests: _____

2. My top priorities: _____

3. My main goals: _____

4. Decisions to make in the near future: _____

5. I am a good problem solver because: _____

6. I am a good planner because: _____

7. My time management strategy involves: _____

8. Situations where clear thinking skills will help me: _____

9. Situations where systems thinking skills will help me: _____

Pre-Assessment for the Life Skills 25 Interpersonal Skills Series

Name: _____

Date: _____

To the Student: Please complete the following statements to the best of your ability.

1. I am a good listener because: _____

2. I am an effective speaker because: _____

3. Ways assertiveness can help me: _____

4. Important relationships in my life: _____

5. Situations where following directions can help me: _____

6. Situations where I can give good directions: _____

7. My work style: _____

8. Situations where I can demonstrate my teamwork skills: _____
