

## Student Self-Assessment (Pre-Test -Complete at Program Entry)

Initials: \_\_\_\_\_ School: \_\_\_\_\_ Date: \_\_\_\_\_

Please circle the number to the right of each statement that most closely represents your life experience. There are no right or wrong answers, so please answer honestly and truthfully. Your responses will not be shared with anyone in your school or in your family.



### QUESTIONS

	I need lots of work	I need to do better	I do pretty well	I do really well
1. I am good at listening to others.	1	2	3	4
2. I know where and when to get good help.	1	2	3	4
3. I know positive ways to deal with my anger	1	2	3	4
4. I know how to solve problems effectively	1	2	3	4
5. I can practice self-control even when it is difficult.	1	2	3	4
6. I know how to refuse someone pressuring me to get into trouble	1	2	3	4
7. I can complain appropriately	1	2	3	4
8. I regularly practice the 15 character traits.	1	2	3	4
9. I can handle teasing in a calm way	1	2	3	4
10. I know how to repeat what someone has said.	1	2	3	4
11. I can precisely identify my feelings and the feelings of others.	1	2	3	4
12. I can set and attain a short term measurable goal (4 months).	1	2	3	4
13. I can set and attain a measurable self-improvement goal. (6 months).	1	2	3	4
14. I can set and obtain a measureable long term goal (1 year).	1	2	3	4
15. I can accept no for an answer without whining arguing or complaining	1	2	3	4